McCORMICK'S

MANUAL
OF
COOKERY

TRIED AND TESTED
RECIPES

THE BLUE BOOK
OF
THE CULINARY ART

PRICE 50 CENTS

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MANUFACTURING CHEMISTS.
BALTIMORE. MD.. U. S. A.

1607 1907
JAMESTOWN TRICENTENNIAL EXPOSITION
ON HAMPTON ROADS, VIRGINIA, 1907
COMMEMORATING THE FIRST PERMANENT ENGLISH SETTLEMENT IN AMERICA
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GOLD MEDAL
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For Bee and Banquet Brand Teas and Spices and Bee and Banquet Brand Flavoring Extracts & Root Beer.

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WEIGHTS AND MEASURES AT A GLANCE.

"The foundation of good cookery is accuracy."

By level measurements are meant a spoon or cup filled full with dry material, then leveled off smooth to the edge. Flour is sifted before being lifted into the cup or spoon, then leveled, and butter is packed in solid. Use always a measuring cup divided into thirds and quarters.

2 cups lard make one pound.
2 cups butter make one pound.
4 cups pastry or bread flour make one pound.
3⅞ cups entire wheat flour make one pound.
4½ cups graham flour make one pound.
4⅓ cups rye flour make one pound.
2⅔ cups corn meal make one pound.
4¾ cups rolled oats make one pound.
2⅔ cups of oatmeal make one pound.
4⅓ cups of coffee make one pound.
2 cups granulated sugar make one pound.
2⅔ cups powdered sugar make one pound.
3½ cups confectioner's sugar make one pound.
2⅔ cups brown sugar make one pound.
2 cups chopped meat make one pound.
1⅞ cups rice make one pound.
2 cups raisins (packed) make one pound.
2¼ cups currants make one pound.
2 cups stale bread crumbs make one pound.
9 large eggs make one pound.
2 tablespoons butter make one ounce.
4 tablespoons flour make one ounce.
6 tablespoons baking powder make half ounce.
3 teaspoons make one tablespoon.
16 tablespoons dry ingredient make one cup.

WEIGHTS and MEASURES--Cont'd

One pint of butter equals a pound.

One quart of sifted flour equals a pound.

One large pint of sugar equals a pound.

Nine large eggs equal a pound.

A pint of graham, seven and three-fourths ounces.

A pint of cornmeal, ten and one-fourth ounces.

A pint of rice, fifteen ounces.

A pint of samp or coarse hominy, thirteen ounces.

A pint of tapioca, twelve ounces.

A pint of bread crumbs, eight and three-quarter ounces.

A pint of raisins, nine ounces (lightly measured).

A pint of currants, ten ounces.

A pint of brown sugar, thirteen ounces.

A pint of maple sugar broken into crumbly pieces, equals one pound and four ounces.

An ounce of butter, two level teaspoonfuls.

An ounce of flour, four level tablespoonfuls.

An ounce of cornstarch, three tablespoonfuls (level).

An ounce of granulated sugar, two level tablespoonfuls.

An ounce of ground coffee, five level tablespoonfuls.

An ounce of grated chocolate, three level tablespoonfuls.

An ounce of pepper, four level tablespoonfuls.

An ounce of salt, two level tablespoonfuls.

An ounce of cinnamon, four-and-a-half level teaspoonfuls.

An ounce of cloves, four level tablespoonfuls.

An ounce of mace, four level tablespoonfuls.

An ounce of curry, four level tablespoonfuls.

An ounce of mustard, four level tablespoonfuls.

An ounce of thyme, eight level tablespoonfuls.

An ounce of olive oil, two tablespoonfuls.

An ounce of chopped suet, a fourth of a cupful.

HOW TO MEASURE

Before measuring, stir salt and similar articles to free them from lumps. Always measure a cupful level, using a case knife to level off the top. Put the article in by spoonfuls to be sure that every part of the cup is full. It is particularly necessary to do this with butter. Glass measuring cups are excellent, because one can see perfectly if the butter has filled every part of the cup completely.

TIME TABLE

BOILING—Fish

Lobster, per lb	30 to 40 minutes
Small Fish, per lb	6 "
Salmon, per lb	10 to 15 "
Bass, per lb	10 "
Blue, per lb	10 "
Halibut, per lb	15 "
Haddock, per lb	6 "
Codfish, per lb	6 "

BOILING—Meat

Tripe, per lb	3 to 5 hours
Fowl, per lb	20 to 30 minutes
Chicken, per lb	15 "
Turkey, per lb	20 to 30 "
Ham, per lb	20 "
Corned Beef, per lb	30 "
Potted Beef, per lb	35 "
Mutton, per lb	15 "

BOILING—Vegetables

Corn	5 to 20 minutes
Potatoes	30 "
Asparagus	20 to 30 "
Peas	20 to 30 "
Beans, fresh	30 "
Beans, dried	3 hours
Beets	40 minutes and more if old
Brussels Sprouts	20 minutes
Cabbage	45 "
Carrots	30 minutes and more if old
Turnips	50 minutes
Onions	30 "
Parsnips	40 "
Cauliflower	60 "
Spinach	15 "
Sweet Potatoes	50 "

BAKING—Meats

Goose, per lb	20 minutes
Chicken, per lb	15 "
Venison, per lb	15 "
Pork, per lb	30 "
Veal, per lb	20 "
Lamb, per lb	15 "
Mutton, per lb	15 "
Round of Beef, per lb	15 "
Beef, well done, per lb	20 "

TIME TABLE--Cont'd

BAKING—Meats

Fillet, per lb	40 minutes
Braised Meats	4 to 5 hours
Liver, whole	2½ "
Turkey, 8 lbs	2 "
Birds	15 to 20 minutes
Ducks	1 hour
Partridge	45 minutes
Grouse	25 to 30 "

BAKING—Fish

Large Fish	65 minutes
Small Fish	30 "

BAKING

Bread, hot oven	1 hour
Biscuits	20 to 30 minutes
Cake	20 to 45 "
Custards, slow oven	1 hour

BROILING

Small Fish	5 to 10 minutes
Shad, Bluefish, Trout	20 to 30 "
Squabs	15 to 20 "
Grouse	20 to 25 "
Quail	10 "
Spring Chicken	30 "
Mutton Chops	10 "
Steak	8 to 10 "

MARKETING HINTS.

"Never put your hand farther out than your sleeve will reach."

Economy should be the watchword when marketing, but it is necessary that the real meaning of the word economy should be understood.

Economy in marketing may be defined as receiving full value for money spent. To exercise this true economy, we must purchase at the time things are in their best condition and season and in the quantities suitable.

Perishable foods should, when possible, be bought in the quantity required for each day's consumption, dry or canned foods according to opportunities of storage. Flour, cereals, sugar, dried fruits, etc., do not spoil if kept in a cool, dry place, and both these and canned foods are generally cheaper when bought in quantities.

All marketing is best done from merchants who make quick sales and are constantly renewing stocks. In small or country stores things frequently remain long on hand and deteriorate. Buyers who have only these sources of supply should be on guard.

Fish and vegetables can scarcely be bought too fresh, though there are a few of both classes which will not be hurt if kept a little time.

Poultry is best when quite fresh; game must be kept some time to develop the flavor and make the flesh more tender.

Mature meats such as beef, and mutton, should be kept in a cool, dry place for some time before cooking; but immature meats, such as, veal and lamb, should be cooked when freshly killed.

(See Rules for choosing Foods, page 8)

RULES FOR CHOOSING FOODS.

"All food acts as fuel, yielding energy, in the form of heat and muscular power."

BEEF.

Good meat is firm, not flabby, and when pressed quickly recovers its form, the mark of pressure disappearing. It has no disagreeable odor; if any doubt as to whether it is fresh or not, thrust a knife or thick skewer in close to the bone and notice the odor when the metal is withdrawn. Any fluid oozing from good meat is watery, never mucilaginous.

The flesh of beef should be smooth grained, the color a deep red; lean and fat intermixed; very lean meat is generally of inferior quality. The fat should be a pale straw color; bright yellow fat often indicates that the animal has been fed on oil-cake, and though quite wholesome, the meat wastes in cooking, and is somewhat greasy and rich.

A good test, though naturally not always practical, is considered to be by the tongue. It should be plump, clean skinned, and the fat at the root of a pinky white tint. If it is dark, rough skinned, with dead white fat, the meat is probably hard and tasteless. A line of gristle under the outer skin indicates an old animal and the meat is generally tough.

MUTTON.

Flesh fine grained and firm, rather paler than beef, and the fat whiter. Mutton with yellow fat, or from which much moisture exudes, is not good.

The finest mutton is four or five years old, but such is rarely obtainable. A general idea of the age of the animal may be gathered by inspecting the color of the breast bone, young sheep having pinky breast bones, which after about four years become white. Lamb is judged like mutton, but the lean meat is paler in color.

VEAL.

The flesh of the fine grained and dry veal is the most and clammy, it is unfit for food. If any greenish or yellowish spots are to be seen, the meat is unfit for food. Fat white and firm the lean a pale pink. Choose veal from small animals as large they are apt to be coarse and tough.

The fat around the kidneys should be firm and dry, the kidneys large and well covered with fat the liver clear free from gristle, and spots the sweetbreads firm, plump, of a delicate color and free from stringiness.

PORK.

The lean should be pale pink, the fat white and clear, the skin thin, smooth, and soft the flesh full of kernels in either lean or fat are indications of disease.

Pork, more than any other kind of butcher's meat, must be carefully chosen. It is only wholesome in winter, and should never be used in warm weather.

POULTRY.

Choose white legged fowls for boiling as they generally have the whitest flesh. Black or yellow legged fowls usually have darker flesh but richer flavor, and are often preferred for roasting.

In every case choose fowls with the claws uncut, as it is then much easier to remove the sinews.

The breast bone should not be broken, for though this practice of poulterers makes the bird look more plump, it interferes with the proper carving of the breast. Unless for stock or soups, poultry should always be young.

Young birds may be known by:

1. The softness of the breast bone and tips of the pinions, which are practically only gristle when young.

2. Brittleness of the beak.

3. Downy feathers and the absence of long or coarse hairs. The flesh should be fine and thick, with scarcely any fat, for excessively fat birds are not desirable, being rank in flavor and greasy.

All poultry should be cooked while fresh, the slightest staleness being a most objectionable fault. Fortunately staleness is readily detected by a practiced cook. When freshly killed birds are full of vigor, have limp, pliable feet, full eyes and no discoloration of skin.

Recent poultry that has been trussed for cutting or trussing after the rigidity of death has passed away, and such fowls have the quality of the flesh and the feathers in a high degree, will never accept the trussing after the period of rigidity

Fowls should be picked dry and basted with flour before roasting. The liver must be washed, the gizzard washed and skinned, and the bird trussed with steel meat and wooden skewers. Wooden skewers communicate flavor to the flesh, and are difficult to remove after the bird is cooked.

GAME.

What has been said of poultry may, with a few exceptions be applied to game. The first exception is the length of time the birds are kept after killing.

The tenderness and flavor of game is increased by keeping, provided the weather and insects are suitable. Three days hanging will usually improve it, but in some cases it may be kept from one to three weeks, according to the taste of the consumer. The age and condition of game may be judged by the rules for poultry.

FISH.

It is essential that fish should be used when fresh. Its condition is easily judged by the odor and appearance.

When fresh the flesh is firm, quickly recovering from pressure, a good even color, not wasted in appearance, the eyes bright and prominent and the gills red.

Lobsters and crabs should be chosen by their weight in proportion to their size. The heavier the better.

Cod when fine have small heads, thick jointed shoulders and small tails. The eyes should be bright and not sunken and the flesh firm.

Salmon should be well covered with very bright scales and the flesh should be of a bright red color.

VEGETABLES.

Green vegetables are always at their best when cheapest and most plentiful. Out of season they never have the same flavor. The extra delicate freshness of vegetables cannot be too strongly insisted on, for when stale they are unwholesome.

When fresh vegetables are in good condition they are crisp and of a bright color. Shrivelled or withered appearance shows the reverse. When fresh, potatoes should break with a sharp crack when bent.

To keep green vegetables well they should not be stored until fully ripened, and they must be evenly arranged in cool, but not too cold dry chambers. Moisture or warmth will cause growth and sprouting, which always lessens their value. Dry sand will protect from frost in extreme cases, and is the best means of preserving root vegetables.

SOUPS.

"Peace hideth herself under the lid of the well managed pot."

Soups for the family can be very cheaply made, and it is a mistake to [illegible] foods, and with management no day need pass without some kind of soup being served.

Soups may be classed under four heads: Bouillon, Thick soup, Purees and Clear soup.

The base of nearly all is stock, but the materials of which the [illegible] be used

If cleanliness is necessary to secure perfection in all culinary operations, it is especially necessary in making soup.

The pot in which it is made must be perfectly bright and clean, there must be no incrustation on the sides or bottom, because it is certain, if there is a peculiar odor to the pot it will be imparted as a flavor to the soup.

Soups should never be greasy; the best plan is to make the stock beforehand, and to make sufficient for two or three days: when the broth cools the fat will cake on the surface, and may then be easily removed.

[illegible] coarse

[illegible] of stock and soup to get the best results

ARTICHOKE SOUP.

2 lbs. Jerusalem artichokes.
2 tablespoons butter.
1 teaspoon salt.
2 bay leaves.
1 cup milk
1 teaspoon whole white peppers.
1 teaspoon Bee Brand Onion Extract.
1 potato.
1 quart white stock.

Cut the vegetables into slices and put in a saucepan with the [illegible] mer for one hour.

OVER

Pass through a wire sieve, rubbing the pulp through with the back of a wooden spoon; put back into the saucepan, add the milk, a little more seasoning if required, and heat up; if desired add a cup of cream may be put in the tureen and the soup poured on to it. Serve with toasted bread cut in small squares.

ALMOND SOUP.

¼ lb. sweet almonds.
1 head celery.
3 cups milk.
½ cup cream.
1 teaspoon whole white peppers.
1 heaping tablespoon butter.
¼ oz. bitter almonds.
2 teaspoons Bee Brand Onion Extract.
3 cups white stock.
1 teaspoon salt
1 tablespoon flour.

Blanch and pound the almonds, then boil them one hour in the stock with the whole peppers, onion extract and celery. Rub through a sieve with the back of a wooden spoon. Heat the butter in a saucepan, but do not brown it, sprinkle in the flour mix till smooth, add the milk, and stir, boil three minutes, then add the stock, celery salt and salt; reheat, put the cream in a tureen and add to it the soup. Serve at once.

CREAM OF CELERY SOUP.

2 cups water.
2 heads of celery.
2 tablespoons butter.
2 tablespoons flour.
4 cups milk.
1 slice of onion.
1 bay leaf.
½ teaspoon salt.
½ teaspoon Bee Brand Celery Salt.
1 saltspoon Bee Brand Ground Black pepper.

Remove the outside stalks of the celery, saving the tender portion for eating raw. Wash and chop the green stalks, put them in a saucepan with the water, cook slowly for thirty minutes and press through a colander. Blend the butter and flour in a saucepan or double boiler, add the milk, onion and bay leaf, stir constantly till creamy. Add the celery salt, salt celery water and pepper, cover, set the water in the under boiler boil ten minutes. Strain into tureen and serve at once with scalded balls, croutons, or crisp crackers.

CREAM OF TOMATO SOUP.

2 cups strained tomatoes.
4 cups milk.
1 bay leaf.
1 blade mace.
1 teaspoon sugar.
1 teaspoon Bee Brand Onion Extract.
¼ teaspoon baking soda.
2 tablespoons butter.
2 tablespoons flour.
1 teaspoon salt.
1 saltspoon Bee Brand Ground Black pepper.

OVER

Put tomatoes in a saucepan, add mace, bay leaf, onion extract, salt and pepper, simmer gently for fifteen minutes. Blend butter and flour in a double boiler, add the milk, stir constantly until smooth. Strain the tomatoes into the tureen, add sugar and soda and pour in quickly the hot thickened milk. Serve immediately.

CORN CHOWDER.

4 cups grated corn.
4 large potatoes.
2 onions.
2 tablespoons butter.
1 cup boiling water.
3 tablespoons flour.
2 cups milk.
6 water crackers.
Yolks of 3 eggs.
1 teaspoon salt.
½ teaspoon Bee Brand Ground pepper.

Pare and cut potatoes into dice, chop the onions, put a layer of potato into the saucepan, then a little onion, then a layer of corn, then potato, and so continue until all are in. Pour in the water, cover and cook slowly for thirty minutes. Then, butter and flour together in a saucepan over the fire, add the milk, salt and pepper, stir until boiling. Remove from the fire and add egg yolks beaten with two tablespoons of milk.

Turn into the tureen, crush the crackers and sprinkle over the top. Serve at once.

MULLIGATAWNY SOUP.

1 chicken.
½ head celery.
Blade of mace.
Bunch sweet herbs.
3 tablespoons butter.
2 tablespoons flour.
1 large onion.
1¼ teaspoon Bee Brand Celery Salt.
1 carrot.
4 cloves.
1 Bay leaf.
A few sprigs parsley.
3 pints water or stock.
1 dessertspoon Bee Brand Curry Powder.
Some boiled Rice.

Slice the vegetables and put them in a saucepan with half the butter and herbs, fry for ten minutes, then add chicken and stock, bring to a boil and skim well, simmer for one hour then remove the chicken, take meat off the bones, put bones in saucepan simmer for half hour longer, pass through a fine sieve. Melt remaining butter in a clean saucepan, add curry powder, fry three minutes, then add flour, celery salt and stir smooth, then add the soup and the best of the chicken divided into small pieces, boil ten minutes, add more seasoning if required, and serve with boiled rice.

SCOTCH BROTH.

2 lbs. neck of mutton.
7 pints water.
1 teacup barley.
½ cup fine oatmeal.
4 carrots.
1 stalk of celery.
4 turnips.
2 onions.
Heart of cabbage.
4 whole black peppers.
Salt to taste.
1 tablespoon chopped parsley.

OVER

First boil the barley and water for thirty minutes, then put in the meat in [illegible] and boil until done. Season to taste and serve. Simmer for two hours, skimming occasionally, then take out the meat. Just before serving add the parsley. A cup of green peas soaked for twenty-four hours is a nice addition.

POTATO SOUP.

1 lb. potatoes.
2 cups milk.
4 cups hot water.
1 heaping tablespoon butter.
3 stalks celery.
1 onion.
1 tablespoon Bee Brand Hasty Tapioca.
1 teaspoon salt.
½ teaspoon Bee Brand Ground Black Pepper.

Peel potatoes and slice them, also slice onion and celery. Melt butter, add vegetables and cook them about five minutes. Dissolve the tapioca in a little cold water, salt, pepper, and boil till soft. Add [illegible] and return to saucepan. When milk and tapioca Boil for ten minutes, stirring all the time. Serve very hot.

GUMBO SOUP.

1 chicken.
1 tablespoon lard.
3 tablespoons flour.
Some boiling water.
1 pint corn.
1 pint tomatoes.
1 pint okra.
1 pint potatoes.
4 chopped onions.
Saltspoon Bee Brand Ground Red Pepper.
1 teaspoon salt.

Dress the chicken and joint it. Heat the lard in a saucepan then add flour and stir till it browns; put the chicken in and stir all together; pour in boiling water to cover the chicken, adding more as it boils away. Add corn, tomatoes, okra, potatoes, onions, and one [illegible] quarts of water, season with salt and pepper and cook slowly three hours. Stir occasionally to prevent scorching. When done, add seasonings.

CRAB GUMBO.

12 boiled crabs.
2 slices fried bacon.
1 heaping tablespoon lard.
1 cup flour.
1 chopped onion.
1 can tomatoes.
1 can okra.
1 gallon hot water.
1 sliced lemon.
Salt and Bee Brand Ground Red Pepper to taste.
2 bay leaves.
1 teaspoon Bee Brand Thyme.
2 tablespoons chopped parsley.
Some boiled rice.

Chop fried bacon and put it into a saucepan, add lard, then brown flour in it, add onion, tomatoes and okra pressed through a vegetable press, crabs, and water. Season with salt, pepper, bay leaves, thyme, parsley and lemon. Bring to a boil, then let simmer for one and a half hours.

OVER

Just before removing from fire add heaping teaspoon powdered sassafras. Serve hot with rice.

Shrimps may be substituted for crab meat.

FISH SOUP.

2 lbs. White fish.
1 tablespoon Bee Brand Onion Extract.
2 bay leaves.
2 tomatoes.
1 stalk celery.
1 clove of garlic.
2 sprigs parsley.
1 lettuce.
2 yolks of eggs.
1 heaping tablespoon butter.
1 heaping tablespoon flour.
Some fried bread.
4 cups white stock.
4 cups water.
1 blade mace.
½ cup cream.

Clean and cut up fish into pieces, put them into soup pot with stock and water, when it boils add parsley, tomatoes and celery cut up, the garlic, lettuce, mace and bay leaves, allow to boil one and a half hours, then strain. Blend butter and flour in clean saucepan, add stock and boil five minutes.

Mix the eggs and cream in a basin, pour some of the boiling soup to them and mix it, then pour the whole into soup tureen. Have some bread cut in small dice or square pieces, fry it a golden color, drain and serve with soup.

WHITE STOCK.

4 lbs. knuckle of veal, rabbit or fowl bones.
1 onion.
Blade of mace.
½ teaspoon whole white peppers.
5 pints water.
1 stalk celery.
1 teaspoon salt.
Dust of Bee Brand Celery Salt.

Break the bones, remove all the fat, and cut up the meat into small pieces, put them into saucepan with the salt and cold water, bring slowly to the boiling point, add all the other ingredients, skim well, let simmer very gently, five hours, strain, and when cold remove the fat. The bones may be boiled again for making gelatine soups.

BROWN STOCK.

4 lbs. shin of beef or bones.
1 teaspoon salt.
1 stalk celery.
A bunch of parsley.
1 carrot.
5 pints cold water.
1 onion, browned.
A bunch of sweet herbs.
½ teaspoon whole black peppers.
One slice turnip.
Blade of mace.
Bay leaf.

OVER

Cut the meat in small pieces removing all the fat, break up the bones and remove the marrow, put into a saucepan with the water and let it bring slowly to the boil, remove the scum, add the above ingredients and simmer very slowly five hours, strain and when cold remove the fat; it is then ready for use.

To brown the complete joint in a baking tin with the skin on set it in the oven until brown.

The meat may be boned again with more vegetables for second stock, and used for cheap soups.

If you could visit our plant and see the cleanliness and care exercised in selecting and putting up our goods, you would use them always.

FISH.

"From the sand of the sea, where the tide ebbs and flows I'll make for fish."

Fish is an important article of food. It is more rich in fibrine or flesh forming matter than butcher's meat or birds, but contains less fat and gelatine.

Fish frequently contains large quantities of mineral matter, principally phosphates of lime, potash and soda.

Fish is much more easily digested than flesh, and consequently food is required sooner after eating it. The most digestible kinds are the white fish, which have least fat, and require to be cooked or eaten with melted butter or sauce.

The salmon, herring and eel are dressed in their own oil, and are very nutritious.

DEVILED CRABS.

1 lb. crab meat.
1 heaping tablespoon butter.
1 heaping tablespoon flour.
1 cup milk.
1 tablespoon breadcrumbs.
2 hard boiled eggs.
1 tablespoon chopped parsley.
½ teaspoon Bee Brand Ground Mustard.
1 teaspoon salt.
Saltspoon Bee Brand Ground White Pepper.
Dash of Bee Brand Ground Red Pepper.
1 teaspoon lemon juice.

Wash shells in water in which a small quantity of soda has been dissolved and wipe them dry. Blend butter and flour together in a saucepan, add milk, stir till boiling, add breadcrumbs, egg rubbed through a sieve, seasonings, and crab meat. Divide this into the shells, smoothing them nicely.

Sprinkle a few breadcrumbs on top and bake until a light brown.

LOBSTER NEWBURG.

1 cooked lobster.
4 yolks of eggs.
1 tablespoon butter.
1 tablespoon flour.
1 cup cream.
1 teaspoon salt.
Saltspoon Bee Brand Ground Black Pepper
Dash of grated nutmeg.
1 tablespoon sherry wine.
1 tablespoon brandy.

Boil the yolks and mash them. Blend butter and flour together in a double saucepan, add cream, and stir until boiling. Add these gradually to the yolks of the eggs and crab smooth, add salt, pepper and nutmeg.

Cut lobster into neat pieces and add it. Stand over hot water until thoroughly heated, then add sherry and brandy. Serve at once on toast.

OYSTER

This recipe will answer for chicken, duck and turkey as well. Very large and makes an excellent oyster dressing for terrapin.

SHRIMP WIGGLE.

1 can shrimps.
1 can peas.
2 cups milk.
2 tablespoons butter.
3 rounding teaspoons corn starch.
Seasoning of salt and Bee Brand Ground Black Pepper.

Heat the milk in a double boiler then add cornstarch mixed in a little cold milk, stirring all the time, add seasonings. When boiling add shrimps cut in small pieces, butter, and the whole of the peas according to taste. Serve very hot on toast or buttered thin crackers.

SALMON LOAF.

1 can salmon.
3 eggs beaten light.
½ cup bread crumbs.
3 tablespoons butter.
Salt, Bee Brand Ground Red Pepper and parsley to taste.

Remove skin and bones from salmon, rub in the butter till smooth, add bread crumbs, beaten eggs, season, salt not then add eggs and cracker dust, put in a buttered mold, cover with buttered paper and steam for one hour. Serve with the following sauce:

Thicken one cupful of boiling milk with one tablespoonful corn starch and one tablespoonful butter rubbed together, season with salt, red pepper and two tablespoonfuls mushroom catsup. Just before removing from the fire add one beaten egg.

SALMON CROQUETTES.

1 can salmon.
4 tablespoons milk.
1½ cups bread crumbs.
2 eggs.
4 tablespoons melted butter.
½ teaspoon Bee Brand Onion Extract.
Seasoning of salt, Bee Brand Ground Black Pepper. and pinch of Bee Brand Ground Mace.

Drain the fish and flake fine, add beaten egg, melted butter, onion extract, bread crumbs, and seasonings, beat all together. Make into small croquettes, brush over with beaten egg, toss in bread crumbs, fry in smoking hot fat until delicate brown then drain and serve hot.

INDIAN CODFISH.

1 cup shredded codfish.
1 cup boiled rice.
½ dozen hard boiled eggs chopped fine.
1 cup cream.
½ teaspoon Bee Brand Paprika.
1 cup milk.
2 eggs well beaten.
¼ teaspoon Bee Brand Ground Black Pepper.
Salt if necessary.

OVER

Soak codfish in hot water if very salty, and drain well. Mix the [illegible] Keep covered or three-quarters of an hour [illegible] and serve hot. Delicious and wholesome.

OYSTER PIE.

2 dozen oysters.
4 hard boiled eggs.
1½ cups cream or milk.
1 tablespoon butter.
Salt and Bee Brand Ground Black Pepper to taste.
Some pastry

Line a [illegible] with the pastry. Put in one dozen oysters [illegible] to the eggs sliced, then a layer of pastry, sprinkle with salt, pepper and butter. When the crust is [illegible] cover with pieces of butter and the cream or milk. Bake [illegible] brown.

BROWN FRICASSEE OF OYSTERS.

50 oysters.
½ teaspoon Worcestershire sauce.
1 level teaspoon salt.
1 teaspoon Bee Brand Onion Extract.
1 tablespoon chopped parsley.
2 tablespoons butter.
1 cup milk.
Saltspoon Bee Brand Ground Black Pepper.
1 bay leaf.
2 tablespoons flour.

Drain the oysters, throw them into a saucepan and stir gently [illegible] Worcestershire sauce, salt and pepper. Strain and heat, then add oysters and when very hot serve in a shallow dish, garnished [illegible] Dust lightly with the chopped parsley.

BAKED HALIBUT STEAKS.

2 halibut steaks.
20 medium sized oysters.
½ lb. fat salt pork.
Cracker crumbs.
Butter.
Oil and vinegar.

Have the halibut steaks cut one inch thick. Pour over them a dressing of oil and vinegar and let stand for one hour.

Cover a baking dish with thin slices of salt pork, then [illegible] Cover with a layer of oysters, then [illegible] salted cracker crumbs and melted butter.

OVER

Place the second steak on the oysters and then cover with the slices of salt pork. Bake in a hot oven for thirty five minutes, basting with the dripping in the pan. Five minutes before removing the fish from the oven remove the pork.

Cover with batter and sprinkle thickly with buttered cracker crumbs and allow to brown. Garnish with shredded lettuce or potato balls.

MEAT DISHES.

It is well to remember that price is no guarantee whatever of real nutritive value."

There are six chief methods of cooking meat—roasting, boiling, baking, stewing, frying, and broiling or grilling. The first three of these are most suitable for joints weighing four pounds or more, and are not satisfactory for smaller pieces which, cooked by these methods, are liable to be hard and flavorless by drying up and losing their juices.

Of the other three methods, stewing may be applied to fairly large and solid pieces, but it is better for small and thin ones, while frying and broiling are only suitable for steaks, chops, and similar cuts.

Braising and steaming are combinations and modifications of above methods. Large joints are only suitable for large families, as freshly cooked meat is lighter and more digestible than that which has been recooked and warmed up.

Cold roast cold meat with salads is very nice for a change, but no one cares to be fed on such cold comfort day after day.

Many young housekeepers, and older ones too, are utterly helpless when called upon to order meat for a small household. They often take the firm of legs and shoulders of mutton and ribs and sirloins of beef, with basses and croquettes to use up the remains. With a little thought and experience all this may be avoided. The aim of a good housewife is to have but few scraps beyond what should go into the stockpot.

MUTTON CUTLETS.

5 or 6 cutlets from the best end of a neck of mutton.
1 cup cooked beans.
Brown sauce.
2 onions.
2 tablespoons butter.
Few grams Bee Brand Paprika.
Salt and Bee Brand Ground Black Pepper.

Trim and pare the cutlets neatly, fry them in a saucepan with the butter, turning them frequently to brown both sides; take up dish and keep hot.

Peel and chop the onions and fry them a golden color in the butter left from the cutlets, pour off some of the butter and put in the beans, cook for fifteen minutes, stir frequently, add seasonings, moisten with brown sauce, and rub through a sieve.

Reheat, heap up in the center of a hot dish, arrange the cutlets round the puree, and serve with brown sauce.

IRISH STEW.

3 pounds potatoes.
1 lb. neck of mutton.
2 onions.
Salt and Bee Brand Ground Black Pepper.
¼ teaspoon Bee Brand Celery Salt.
2 cups water.

Cut the potatoes into quarters, put a layer at the bottom of a saucepan, then add a layer of sliced onion, then a layer of meat cut [illegible] until all the materials are in the saucepan, pour over the water, and simmer slowly, stirring occasionally, for one and a half hours.

VEAL AND HAM PIE.

1½ lbs. veal.
½ lb. ham.
3 hard boiled eggs.
½ teaspoon Bee Brand Onion Extract.
1 teaspoon salt.
¼ teaspoon Bee Brand Ground Black Pepper.
A little grated lemon rind.
½ tablespoon Bee Brand powdered gelatine.
½ teaspoon meat extract
1 cup water.
1 lb. puff pastry.

[illegible] veal and ham slices sprinkled with the salt pepper and [illegible] and lemon rind. Put layer of meat at the bottom of pudding dish, [illegible] eggs on the top, then the ham, and the rest of the meat. Fill the dish with water and put the extra make holes in the top for ventilation and bake in a hot oven for one and a half hours.

Dissolve the gelatine in the extra cup of water, add the seasoning, pour into the pie through an opening in the crust when baked. Serve cold.

If the pie is served hot, leave out the gelatine.

LAMB'S SWEETBREADS.

4 sweetbreads.
Some frying fat.
1 egg.
Few grains Bee Brand Paprika.
4 tablespoons bread crumbs.
½ teaspoon salt.
¼ teaspoon Bee Brand Ground Black Pepper.

Soak the sweetbreads in cold water three hours, dry them thoroughly, [illegible] put them in boiling water for twelve minutes, remove and drop into cold water for six minutes, place between two plates and press until quite set.

Cut each sweetbread in two, brush them all over with the egg well beaten, roll in breadcrumbs seasoned with paprika, salt and [illegible] fat until golden brown, drain on paper, dish in a ring.

OVER

Garnish with cut lemon, having a pile of mashed potatoes or peas in the center, pour a rich brown gravy round the base of the dish.

GRILLED PORK CUTLETS.

6 cutlets.
2 tablespoons butter.
A few bread crumbs.
Little chopped gherkin.
Salt and Bee Brand Ground Black Pepper.

Trim cutlets which should be taken from the neck of pork. Cut off the backbone and scrape the knuckle end, leaving it the length of the bone, which should be wrapped in a piece of white paper to keep the meat

Beat cutlets to give them a good shape, pepper and salt them well, melt the butter and dip the cutlets in it on both sides, cover them with bread crumbs and grill them for fifteen minutes, turning them two or three times.

Sprinkle a little gherkin chopped pickled on each, and dish up on a dish with small paper frills slipped on the bones. Serve with sauce Robert.

CURRIED VEAL.

2 lbs. breast of veal.
2 heaping tablespoons butter.
4 onions.
2 apples.
1 teaspoon Bee Brand Sage.
1 teaspoon Bee Brand Marjoram.
1 teaspoon Bee Brand Thyme.
1 tablespoon Bee Brand Curry Powder.
1 tablespoon chutney.
Juice 1 lemon.
2 tablespoons flour.
3 pints water.
Boiled rice.

Cut veal into neat pieces, put them in a saucepan with the butter, salt, pepper, onions, and apples peeled and sliced, and the herbs, fry for fifteen minutes until a nice golden color, then add curry powder, chutney, lemon juice, and the flour, mix well and add water, bring to a boil, skim, and cook slowly for two hours remove any fat from surface, take out meat, and dish it on a hot dish

Strain the sauce over and serve with a border of plain boiled rice

KIDNEY CROQUETTES.

1 calf's kidney.
Salt.
Bee Brand Black Pepper.
2 tablespoons rice flour.
1 cup stock.
1 raw yolk of egg.
1 whole egg.
2 tablespoons butter.
1 wineglass sherry wine.
1 tablespoon chopped ham.
1 teaspoon Bee Brand Onion Extract.
A dust of Bee Brand Paprika.
Breadcrumbs.
1 tablespoon chopped parsley.
1 tablespoon glaze.

OVER

Cut the kidneys in slices, heat the butter until it begins to brown, then add the kidneys, and fry for two minutes, shaking the pan occasionally.

Strain the butter from the kidneys into a saucepan and pour over the kidneys, the stock, onion extract, and sherry, then add paprika and simmer slowly ten minutes, remove from pan and chop finely, add ham and chopped parsley.

Heat white sauce, add the flour to half the gravy, stir until thick and smooth, boil three minutes, then add kidneys and yolk of egg season to taste, spread on a plate until cold, then form into cork shapes brush over with the whole egg beaten, roll in bread crumbs, fry in smoking hot fat.

Garnish with cut lemons and parsley.

Add to the remainder of the gravy the glaze, season, and serve in a tureen.

BEEF STEAK PUDDING.

¾ lb. beef steak.
1 cup water.
1 teaspoon Bee Brand Extract Onion.
1 tablespoon flour.
Salt and Bee Brand Ground Black Pepper.
Suet paste.

Line a deep basin well buttered with suet paste, rolled one-third of an inch thick. Put the flour, salt, pepper and onion extract on a plate, cut the meat into strips, and the fat into very small pieces. Roll each piece of meat in the seasoned flour, place a small piece of fat at the end of each piece, and roll it up into a neat round.

Place these in the basin and pour in the water. Wet the edges of pastry, and cover with a round piece of pastry, thoroughly seal the edges, cover with buttered paper, steam for one and one-half hours. Turn out and serve.

For the suet paste: Chop quarter pound of suet, add to it half pound flour, one teaspoon baking powder and a pinch of salt, then add enough cold water to make into a paste.

BEEF OLIVES

1½ lbs. beef steak.
1 teaspoon salt.
¼ teaspoon Bee Brand Ground Black Pepper.
2 tablespoons breadcrumbs.
1 tablespoon chopped suet.
1 egg.
1 tablespoon butter.
1 tablespoon chopped parsley.
1 tablespoon flour.
2 cups water.
1 teaspoon Bee Brand Onion Extract.
Few grains Bee Brand Paprika.

OVER

Cut the meat into thin strips. Mix in a basin the breadcrumbs, salt, pepper, paprika, suet, onion extract, parsley, then add egg.

Spread a little of this mixture on each length of meat, roll up, and skewer neatly.

Put the butter into a saucepan, and when quite hot brown in it the chives; remove these from pan, add the flour and brown it also, add the water gradually, and when boiling put back the chives, simmer one and a half hours.

Dish in a ring, strain the gravy, and strain on to dish.

POULTRY AND GAME.

"Now goose and turkey come, and hare,
And apple pie and custard,
And chicken and asparagus,
And Yorkshire ham and mustard."

All poultry and game for roasting should be dredged with flour before and after trussing, to dry it perfectly, as otherwise it does not crisp and brown so well.

Unless poultry is to be boiled or stewed it should never be washed or wet in any way, as this renders the flesh swollen and the skin soft. Good wiping with clean cloths should be quite sufficient.

With the exception of ducks and geese, poultry and game are often rather a large addition to the daily roasting as the flesh is dry. Fat is supplied either by basting with butter or dripping, or larding with fat bacon, or by barding, before and basting largely during cooking. The time required varies as in other meat, according to age, size, etc.

Chickens will cook in from twenty to thirty minutes; they rarely take more than forty minutes when young and tender, the most exception in which the largest of roast turkeys take more than not two hours and even more if exceptionally large.

Game takes longer in proportion to its size than poultry, and all birds require more cooking than beef or mutton.

ROAST CHICKEN.

1 chicken.
Forcemeat.
Some dripping.
2 slices of fat salt pork.

Remove all the pin feathers and singe thoroughly.

Cut off the head at the neck; remove the crop and windpipe, leaving enough skin at the end of the neck to hold the forcemeat.

Break the legs below the knee and remove the sinews, one at a time.

Carefully cut through the skin at the end of the fowl, between the vent and the tail. Empty the body of the fowl and wipe out with a wet cloth.

Roast fowl should be stuffed at the neck with forcemeat. The breastbone should be cut off with a sharp knife, first loosening the skin over the breast, pulling this back when the bone is removed.

Truss by forcing the drumsticks flat on the body and by turning the wings back.

OVER

Skewer through the wing, thigh, and body; run another skewer [illegible] the legs at the knee, and tie the ends [illegible] with string; put the cold bones down into the roasting tin, and with the [illegible] fat, baste the fowl during the roasting; it will require from [illegible] minutes, baste frequently.

It is not now considered correct to serve the liver and gizzard with roast fowl.

To make gravy, pour from the tin the fat, sprinkle in a tablespoon of [illegible] flour, add half a pint of boiling water, season to taste with Bee Brand Ground Black Pepper, ½ teaspoon Bee Brand Celery Extract, half a teaspoon of Bee Brand Onion Extract and one teaspoon of meat extract; boil for four minutes, strain over the chicken, or serve separately

SAVORY FORCEMEAT (DRESSING) FOR CHICKEN.

¼ lb. chopped suet.
1 tablespoon chopped parsley.
1 teaspoon Bee Brand Onion Extract.
1 teaspoon Bee Brand Poultry Seasoning.
2 ozs. cooked chopped ham.
¼ lb. breadcrumbs.
1 egg.
Seasoning of salt, Bee Brand Ground Black Pepper and Nutmeg.

Beat up the egg and add it to the other ingredients. If too dry add a very little milk.

FORCEMEAT (DRESSING) FOR TURKEY.

1 sweetbread.
½ lb. pork.
½ lb. veal.
Liver of turkey.
1 slice of bread.
½ cup butter.
12 oysters.
12 button mushrooms.
1 teaspoon chopped parsley.
1 teaspoon Bee Brand Thyme.
Grated rind 1 lemon.
1 teaspoon salt.
1 saltspoon Bee Brand Ground Black Pepper.
2 large eggs.

Wash the sweetbread and soak it in cold water for two hours

Put it into boiling water and boil for ten minutes. Cool it, cut into dice, and put into a basin. Chop the pork, veal and liver, then add them to the sweetbread.

Soak the bread in a little gravy, add the [illegible] oysters cut small, mushrooms chopped, the seasonings and eggs well beaten. Mix well.

FORCEMEAT (DRESSING) FOR GOOSE

1 egg.
4 large onions.
2 heaping tablespoons butter
1 cup breadcrumbs.
Liver cooked and chopped
1 teaspoon Bee Brand Sage.
1 saltspoon salt.
Pinch of Bee Brand Ground Black Pepper.

Peel the onions, then drain them, and chop finely. Melt the butter and add the onions, then add breadcrumbs that have been soaked in gravy, then add the chopped liver, sage, salt and pepper, and egg well beaten. Let cool, and fill the goose with it.

FRICASSEED FOWL.

1 chicken.
Bunch of parsley.
1 heaping tablespoon butter.
1 teaspoon Bee Brand Onion Extract.
1 tablespoon flour.
2 cups water.
½ cup cream.
1 blade of mace.
2 egg yolks.
A few drops lemon juice.
½ teaspoon meat extract.

Seasoning of salt, Bee Brand Ground Black Pepper and Bee Brand Celery Salt.

Joint and skin fowl, put in saucepan with parsley, onion extract, mace and water, simmer slowly for one and a half hours.

Melt the butter in a saucepan stir in the flour, blend till smooth, add the cream, also liquid in which fowl was cooked, lemon juice, meat extract, and seasoning, and five minutes, pour the yolks of beaten eggs over (this should make the sauce of the consistency of thick cream).

Put the pieces of fowl in the center of a hot dish and strain the sauce over it.

This is a good way to use the remains of cold fowl, in which case the sauce is made first, the cold fowl warmed in it, the sauce then strained to the yolks of eggs, and the dish finished as above.

STEWED PIGEON WITH OLIVES.

1 pigeon.
1 tablespoon butter.
Bee Brand Ground Black Pepper and salt.
¼ cup brown sauce.
1 shallot.
12 stoned olives.
6 mushrooms.
4 tablespoons tomato sauce.
1 saltspoon Bee Brand Celery Salt.

Draw pigeon, truss it for roasting, and roast for ten minutes in hot oven, basting frequently with dripping or butter. Untruss and cut it into neat joints.

OVER

Peel and chop shallots, fry them to a golden colour in the butter, cut in pieces pigeon and fry five minutes longer, then add serviettes, brown and tomato sauces, mushrooms cut in slices, boil up and skim; put in olives, and cook gently for thirty minutes.

Arrange the pigeon nicely on a hot dish, decorate with the olives and mushrooms, strain the sauce over the whole, and serve.

SALMI OF DUCK.

1 duck.
1 tablespoon butter.
1 cup brown sauce.
Pepper and salt.
1 teaspoon Bee Brand Onion Extract.
5 firm tomatoes.
A few croutons (fried or toasted bread) for garnish.
1 glass sherry (if liked).

Truss the duck. Put the butter in a saucepan and when melted add the onion extract, salt, pepper and duck, cover with a buttered paper, cook in the oven for thirty minutes, baste from time to time.

Take up the duck, cut it into neat joints and put them in the sauté pan after the fat has been removed. Chop up the remainder of the duck, put it into a saucepan with the wine, then add the brown sauce and cook for twenty minutes and strain the sauce over the pieces of duck. Skin the tomatoes and put them in with the duck. Cover the pan and place it in the oven; cook for thirty minutes.

Arrange the pieces of duck in the centre of a hot dish, surround with the tomatoes and pour over the sauce. Garnish the dish with the fried croutons and serve hot.

PHEASANT A LA MADRID.

1 pheasant.
3 truffles or 6 mushrooms.
1 teaspoon chopped parsley.
1 tablespoon breadcrumbs.
3 shallots.
1 teaspoon mixed Bee Brand Herbs.
1 egg.
2 heaping tablespoons butter.
1 glass Madeira Wine.
1 teaspoon lemon juice.
1 teaspoon flour.
Seasoning of salt and Bee Brand Ground Black Pepper.
¼ teaspoon Bee Brand Paprika.
¼ pint water.

Prepare a forcemeat of half the mushrooms, one shallot, seasonings, breadcrumbs and parsley, chop all together and mix with the egg, adding also the liver of the bird, first fried and then chopped.

Draw and truss pheasant, fill the breast with forcemeat, now cut the breast, cover the whole with thin slices of bacon and roast about sixty minutes, or a little less according to size.

OVER

About five minutes before it is ready to take from oven, remove [illegible] and brown, and boil, to [illegible]

Meanwhile melt the butter, fry remaining shallots and mushrooms, add the flour and brown, then add the stock and herbs; simmer the whole for fifteen minutes.

After straining the pheasant, pour away the fat from the baking tin, add the liquor to the gravy, season to taste, and let the whole boil up once, then strain, pour over the bird and serve the remainder in a tureen

JUGGED HARE.

1 jointed hare.
1 lb. steak.
½ lb. bacon.
2 onions.
Salt and Bee Brand Ground Black Pepper.
1 glass port wine.
1 dozen forcemeat balls.
5 cloves.
Bunch of herbs.
Grated rind 1 lemon.
2 cups water.
1 tablespoon flour.
1 tablespoon butter.
1 saltspoon of Bee Brand Marjoram.

Put in a pan a layer of the bacon, then the hare, onion sliced, steak sliced, seasoning and the various seasonings, put the remainder of the bacon over the top, cover the water, cover the pan, put in the oven, cook for two hours, lift out the hare, strain off the gravy, remove the fat and add butter and flour mixed together, then add gravy to these, boil for fifteen minutes, add the wine, pour over the hare and serve.

For the forcemeat balls put into a basin two tablespoons bread crumbs, two tablespoons chopped veal, two tablespoons chopped ham or tongue, a little grated lemon rind, two tablespoons butter, one tablespoon chopped suet, salt, pepper, dust of Bee Brand Paprika, one tablespoon chopped parsley, one egg and mix well together. Form into balls about as large as a walnut, and roll in flour. Melt the butter, allow to brown, then add balls and fry till brown then they are ready.

VENISON CUTLETS.

1 tablespoon butter.
Some neat cutlets.
1 tablespoon flour.
1 teaspoon vinegar.
Salt and Bee Brand Ground Black Pepper.
½ cup good gravy.
2 wineglasses port or claret.

Cut neat cutlets from the neck, and fry them for ten minutes in a saucepan with butter, then add the gravy, vinegar, salt, port or claret, and the tablespoon of butter rolled in the flour.

Allow to cook very gently for twenty minutes, then dish the cutlets and [illegible] of cooking, strain the gravy round

COLD MEAT COOKERY.

"Now, good digestion wait on appetite, and health on both."

Cold meat is by most people objected to as unappetizing and not easily digested. Re-heating, however, requires much more care than is generally given to it, and the want of success frequently results in unpalatable dishes and stews to which cold meat would be infinitely preferable.

The secret of successful re-heating depends greatly on the cooking of the meat, stewing and re-stewing, slow cooking, long exposure to moderate heat drying the meat, while frying and quick methods would be equally unsuited to the more tender pieces.

All gristle, skin and fat that will not be eaten should be removed when preparing the meat for re-heating, as there is no economy to serve these items and the dish will be spoiled by their presence.

When beef, veal, chicken, etc., is no longer to be served in the original form, the bones, pieces of meat, trimmings and tougher portions with gristle and any overcooked edges being put with milk, vegetables, herbs, and seasoning in a saucepan with water and simmered gently to extract all flavor and furnish a supply of stock for gravy, etc.

It is a common mistake to imagine that meat once cooked needs only to be heated. Having lost a great deal of its juices in the first cooking, when re-heated in good well flavored stock or gravy a considerable time is required to blend the flavor.

If plenty of time is not given to the process, the flavor of the meat will be quite distinct from that of the gravy, and in all probability the former will be hard and tough. In fact, it is sometimes necessary to treat cold meat as a fresh joint. Half-boiled, underdone or roasted meat is best in small pieces, say half inch cubes cooked in a rich gravy with garnishings of vegetables, rice or potatoes, should be prepared from the best remaining parts of a joint.

Nearly all dishes made from cooked meat will be greatly improved by the addition of such ingredients as vegetables, rice, tomatoes, bacon, macaroni and vermicelli.

SHEPHERD'S PIE.

1 lb. chopped cooked meat.
2 lbs. mashed potatoes.
1 sliced onion
Salt and Bee Brand Ground Black Pepper.
Few grains Bee Brand Paprika.
1 tablespoon butter.
½ cup water.
½ teaspoon meat extract.

OVER

Fry bacon in the butter, put into a pudding dish a layer of potato, a little seasoning, a layer of the meat, the onion, pour over the water, in which the meat extract has been dissolved, and continue the layers until the dish is full, covering over the whole with a layer of potatoes. Make the potatoes rough on the top with a fork, put on a few pieces of butter and bake until browned.

Serve hot.

HASHED BEEF.

1 lb. cold cooked beef, cut in thin slices.
2 small tomatoes.
1 teaspoon Bee Brand Onion Extract.
1 tablespoon butter.
½ teaspoon salt.
¼ teaspoon Bee Brand Ground Black Pepper.
1 sliced carrot.
1 sliced turnip.
¼ teaspoon Bee Brand Celery Seed.
1 tablespoon flour.
1 cup gravy or water.
1 tablespoon Worcestershire sauce.

Put the butter into a saucepan, and when quite hot, brown in it the flour, add the water or gravy, and boil up. Add the tomatoes, carrot, turnip, onion extract, Worcestershire sauce, pepper and salt, simmer slowly for one hour, skim the fat from the gravy, lay in the meat, and cook gently for forty minutes.

Dish neatly, and strain over the gravy.

Garnish with toasted croutons and parsley. If liked, the vegetables may be dished in the center.

SALMON A LA CREME.

1 lb. cold salmon or 1 can of salmon.
1 tablespoon butter.
1 tablespoon flour.
Salt and pepper to taste.
Few grains Bee Brand Paprika.
Little lemon juice.
1 cup fish stock or milk.

Blend together in a saucepan the butter and flour, then gradually add the stock or milk, boil for five minutes stirring all the time, then add seasonings, the salmon in as large pieces as possible. If canned salmon is used, take care to strain it from the oil. Allow this to heat through but not to boil. Lift out the salmon carefully, add to the sauce the lemon juice, and strain over the salmon.

Garnish with parsley.

RISSOLES OF COLD MEAT.

½ lb. chopped cooked meat.
1 tablespoon butter.
1 tablespoon flour.
½ cup water.
3 tablespoons breadcrumbs.
Salt and Bee Brand Ground Black Pepper.
¼ teaspoon Bee Brand Paprika.
1 egg.
1 tablespoon chopped parsley.
Some pastry.
1 teaspoon mushroom catsup.

Melt the butter, stir in the flour till smooth, then add water, salt, paprika pepper and mushroom catsup. Boil gently for five minutes, then add the meat and parsley, stir well together and set aside to cool. Meanwhile roll out the pastry very thin and stamp out rounds, four inches in diameter.

Put a teaspoonful of the mixture in the center of each round, wet the edges of the pastry, fold over in half and seal firmly. Brush each rissole with the egg well beaten, taking care that it is well covered, then roll in the breadcrumbs, to which the chopped parsley and a little cayenne has been added, and fry the rissoles for five minutes in sizzling hot fat.

Drain well, pile up in a hot dish and garnish with parsley.

CASSEROLE OF RICE.

½ lb. rice.
1 tablespoon cream.
1 tablespoon brown breadcrumbs.
¼ lb. chopped cooked veal or chicken.
Few drops lemon juice.
1 grated apple.
2½ cups stock or water.
1 teaspoon salt.
1 tablespoon flour.
1 teaspoon Bee Brand Curry Powder.
1 small onion.
1 tablespoon butter.

Put the rice into a saucepan with the salt and one cup of water, stir well, boil until the water is absorbed, add the butter, then put water or stock gradually until it is all absorbed and the rice well cooked and stiff.

Have ready a well buttered casserole earthenware dish, line it with the browned breadcrumbs, then line it with the rice, build up the sides and bottom, cover with greased buttered paper and bake for ten minutes.

Have ready the mince, made as follows. Put the butter into a saucepan, and when hot, brown in it the chopped onion, then flour, curry powder, apple grated, lemon juice, a little salt, then the stock or water, boil five minutes, add the chopped veal or chicken, and heat through, slowly, but do not boil; pour into the casserole and serve hot.

VEGETABLES.

"Dishes alike delightful and appetizing."

Green vegetables are always at their best when cheapest and most plentiful. Out of season they have never the same flavor however well they may be grown. The absolute freshness of vegetables cannot be too strongly insisted upon, for when stale they are unwholesome.

When fresh vegetables are in good condition they are crisp and of a bright color. Sickness or faded yellow appearance shows they are stale.

A fresh leaf, pod or stalk should break with a sharp crack when bent. Cucumber, pumpkin and asparagus keep best but leaf, stalk or pod vegetables do not keep at all well. Parsley may be kept several days if the stalks only are placed in water, but as soon as it begins to fade and become limp it should be destroyed. It is only wholesome while crisp.

What are known as root vegetables are of coarse stored for use all the year, and do not deteriorate, though the flavor is not when fresh. To keep well they should not be stored hastily gathered and they must be carefully arranged in cool but not too cold, dry chambers. Moisture or warmth will cause growth and sprouting which always lessens their value.

A brick floor with sand or sacking to protect from frost is considered the best means of preserving root vegetables. Onions should be hung up in a cool dry place. If allowed to sprout the flavor becomes rank and coarse.

SWEET POTATO CROQUETTES

2 cups boiled, steamed, mashed or baked sweet potatoes.
2 eggs.
Salt and Bee Brand Ground Black Pepper.
1 beaten egg.
Some fine breadcrumbs.

Add yolks of the eggs to the potatoes and season to taste with salt and pepper, stir over the fire until the mixture comes away from the sides of the pan.

When cold form into small croquettes, brush over with beaten egg, roll in breadcrumbs, fry in smoking hot fat until golden color.

This same mixture may be made into balls inclosing cooked meat. When used in this way serve with sauce.

SOUTHERN SWEET POTATOES

Some cooked sweet potatoes.
Brown sugar.
Butter.
One cup boiling water.
A little grated Bee Brand Nutmeg.

OVER

Cut cold boiled sweet potatoes in long, thin slices. Arrange in layers in a buttered baking dish. Cover each layer with cream, sugar, cut with butter, sprinkle with nutmeg, and boiling water and bake in a hot oven.

STRING BEANS IN CREAM.

1 quart string beans.
2 tablespoons butter.
½ cup cream.
Salt and Bee Brand Ground Black Pepper.

String the string beans, and cut in inch pieces sufficient to make one quart. Boil in salted water until tender. Drain, and put back in the saucepan with the butter, salt and pepper, then add the cream. Let come to the boiling point, and serve.

STUFFED EGG PLANT.

1 egg plant.
2 tablespoons butter.
1 cup breadcrumbs.
½ tablespoon chopped onion.
1 beaten egg.
Salt and Bee Brand Ground Pepper.

Cook the egg plant in boiling salted water for fifteen minutes. Cut a section from the top, with a spoon remove the pulp. Chop the pulp, add breadcrumbs, butter, onion, salt and pepper. If too dry add a little water. Cook for five minutes, cool slightly and add the beaten egg. Fill egg plant with this mixture, sprinkle with breadcrumbs and bake for twenty minutes.

GREEN PEA TIMBALES.

½ cup cooked peas.
4 tablespoons milk or stock.
¼ teaspoon Bee Brand Onion Extract.
Salt, Bee Brand Ground Black and Red Pepper.
Whites of three eggs.

Press the cooked peas through a sieve, add milk or stock, onion extract, salt, pepper, red pepper, and the whites of the eggs beaten just stiff. Press into buttered timbale moulds set in a pan of hot water, and bake in a moderate oven ten minutes. Unmold, serve on hot plate. Garnish with a sprig of parsley on the top of each timbale, serve with white sauce.

TURNIPS GLACES.

6 turnips.
1 tablespoon butter.
Salt to season.
A few drops lemon juice
2 heaping tablespoons sugar.
1 cup good white stock.

Peel and trim the turnips into small pear shapes, melt the butter in a sauce pan, put in the turnips, pour over the stock, sugar, salt, and lemon juice. Simmer until tender, remove the turnips, and stick in the thick end of each about one inch of the stalk of parsley as a garnish.

OVER

Meanwhile boil down the gravy to one half, pour over and round the turnips, and serve. This may be made brown by using brown stock, and adding one tablespoon of glaze to the gravy just before dishing.

PARSNIPS A LA FRANCAISE.

4 parsnips.
Few drops lemon juice.
1 egg.
4 tablespoons breadcrumbs.
1 tablespoon chopped parsley.

Peel and wash the parsnips and, if large cut in half; throw in plenty of boiling water, containing a little salt and lemon juice. When tender, lift out and drain, brush over with beaten egg, and roll in bread crumb, put in a hot oven and brown quickly, sprinkling with the parsley. Dish in a pyramid and pour round melted butter sauce.

CURRIED CARROTS

2 bunches carrots.
2 tablespoons butter.
½ teaspoon powdered herbs.
Dust of Bee Brand Ground Red Pepper.
2 chopped shallots.
1 cup stock.
2 tablespoons thick brown sauce.
¼ lb. cooked chopped ham or tongue.
1 teaspoon Chutney.
1 teaspoon Bee Brand Curry Powder.
Strained juice ½ lemon.
1 chopped green pepper.
2 egg yolks.
4 tablespoons cream.
1 teaspoon chopped parsley.
Some boiled rice.

Wash the carrots in cold water and scrape them, then put them in a saucepan with enough cold water to cover and bring to boiling point; then drain and dry.

Trim the tops round with a knife, place in a saucepan with the butter, herbs, red pepper and chopped shallots; fry for fifteen minutes, then add stock, and boil for one hour, adding a little more stock as that in the pan reduces, then add brown sauce, chopped ham or tongue, chutney, Curry powder, lemon juice, reboil and add chopped green pepper from which the seeds have been removed.

Put into a pan the yolks of the eggs with the cream, mix well together, add to the carrots and stir till it thickens, then add chopped parsley and dish up in a border of boiled rice.

CHARTREUSE OF SPINACH.

½ peck of spinach.
Some turnips and carrots.
Hard boiled eggs.
2 tablespoons cream.
1 raw egg yolk.
Salt and Bee Brand Ground Black Pepper to taste.

OVER

Pick and wash the spinach, put into a saucepan, let boil, keeping it pressed down, until it feels quite tender. Drain and press out all the moisture possible, then rub through a sieve.

Butter a plain round mold or cake tin. Cut some turnips and carrots into pieces the length of the side of the tin, and trim half an inch to one inch wide. Cook them until they are just tender in boiling salted water. Decorate the bottom of the mold with the hard cooked eggs. Arrange the strips of carrot and turnip alternately round the tin.

Put the spinach into a saucepan, add to it the cream, beaten yolk of egg, salt and pepper to taste. Put the mixture into the prepared mold, cover with a buttered paper and steam gently for thirty minutes. Turn out on to a hot dish, arrange some spinach round the base of the mold, and serve very hot.

STUFFED ONIONS.

8 to 10 medium sized onions.
1 tablespoon butter.
Some chopped mushrooms.
1 cup breadcrumbs.
3 tablespoons white sauce.
Seasoning of salt and Bee Brand Ground Black Pepper.
Grate of Bee Brand Nutmeg.
Breadcrumbs.

Peel the onions, parboil them in boiling salted water with the butter. Drain and cool.

Carefully scoop out the center part of each onion and chop very fine, with half its quantity of chopped mushrooms.

Put in a saucepan with the cup of breadcrumbs, salt, pepper and nutmeg, then add the white sauce, mix well and stuff the centre of the onions with this mixture.

Place them on a buttered tin, sprinkle the tops with breadcrumbs, put a small piece of butter on each one, and bake in a moderate oven for half an hour.

SAUCES AND GRAVIES.

"What is sauce for the goose is sauce for the gander."

Many sauces may be varied by [illegible] sweet and savory, clear and white, thick and thin, hot and cold, etc. Many start from the same basis of stock, milk, cider, white or brown. Others have a special flavor prepared by cooking in the stock certain seasonings, herbs, etc., while others, again, have essences extracted from fried substances by frying or sauteing, and are thickened afterwards by the addition of some form of starch.

Whatever the foundation or method of preparation, sauce is intended for all for one or two purposes, either for cooking or serving as an accompaniment to a dish.

Gravy is the juice of the meat which escapes during cooking and partially solidifies in the receiver. Being heavier than the fat which escapes at the same time, it settles at the bottom, allowing the fat to be poured off. It is rich brown when mixed with stock, and seasoned, forms a clear brown fluid of agreeable taste.

When the joint is pork or the richer kinds of poultry, such as geese or ducks, the gravy is usually thickened, as thick gravy meets the extreme richness of the meat. Gravy should be perfectly free from fat, dark in color and clear.

When gravy is to be thickened the fat is drained off, a little flour is mixed with the essence, the two are rubbed together and seasoned, and the stock is added gradually to the roasting pan. It must be understood that thickened gravy [illegible] may be served on any [illegible] must be confined to sauces or the more thicker gravy served with stews.

CHILI SAUCE.

24 large ripe tomatoes.
8 onions.
12 pods red peppers.
3 tablespoons salt.
8 tablespoons sugar.
2 tablespoons Bee Brand Ground Ginger.
2 tablespoons Bee Brand Ground Cloves.
8 cups vinegar.

Peel and slice tomatoes, chop peppers and onions. Boil slowly two hours, adding the rest of the ingredients. This will keep a long time.

BROWN SAUCE.

1 tablespoon flour.
1 tablespoon butter.
1 cup stock.
1 onion.
1 slice carrot.
2 mushrooms.
Salt and Bee Brand Ground Black Pepper.
1 teaspoon Bee Brand Brown Coloring.

Put the butter in a saucepan to get quite hot and brown, chop an onion, carrot, mushrooms, and fry them a good color, add flour and fry it also; then the stock and brown coloring.

Let all cook ten minutes, stirring constantly, add pepper and salt to taste, and strain for use.

MELTED BUTTER SAUCE.

5 ozs. butter.
A few drops lemon juice.
1 cup water.
1 oz. flour.
A dust of Bee Brand Ground Black Pepper.
Salt.

Melt one ounce of butter, stir in the flour, when smooth add the water and stir until it boils, then gradually add the remainder of the butter and lemon juice. Should the sauce become oily, add a little more water. Pass through a fine sieve, and use.

This Sauce may also be sweetened and flavored with Bee Brand Extracts for puddings.

SAUCE ROBERT.

2 small onions.
1 heaping tablespoon flour.
½ teaspoon salt
¼ teaspoon Bee Brand Ground Black Pepper.
1 teaspoon Bee Brand Mustard.
1 cup brown stock.
2 tablespoons vinegar.
2 heaping tablespoons butter.
2 mushrooms.
1 tomato.
1 teaspoon anchovy extract.

Put the butter into a saucepan, heat until brown, add the onions, sliced, and brown also; stir in the stock until quite smooth; add the remaining ingredients, and simmer slowly for about half hour, then rub through a sieve.

Reheat and serve

BREAD SAUCE.

1 cup milk.
1 heaping tablespoon butter.
A dust of salt, Bee Brand Black and Bee Brand Red Peppers.
1 teaspoon Bee Brand Onion Extract.
2 ozs. breadcrumbs.
A little cream.
A blade of mace.

OVER

Boil the milk with the onion extract and mace for fifteen minutes; strain, add the cream and butter, and seasonings boil for five minutes, then add enough cream to reduce it to the right consistency.

TOMATO SAUCE.

1 can of tomatoes.
1 cup stock or water.
1 onion.
½ teaspoon Bee Brand Sage.
½ teaspoon Bee Brand Thyme.
½ teaspoon salt.
1 carrot.
1 turnip.
2 tablespoons butter.
2 tablespoons flour.
½ teaspoon whole white Peppers.
1 tablespoon chopped parsley.
A few drops Bee Brand Red Coloring.

Put the butter into a saucepan with the carrot, turnip, onion and tomatoes cut up, also add the herbs, whole peppers, and parsley, fry these for ten minutes add the flour, stock, salt and red coloring, simmer slowly for thirty minutes, pass through a sieve rubbing as much of the pulp through as possible; reheat and serve.

MAYONNAISE DRESSING.

1 cup olive oil.
2 tablespoons vinegar or lemon juice.
2 raw yolks of eggs.
½ teaspoon of salt.
Dash of Bee Brand Ground Red Pepper.
1 teaspoon Bee Brand Mustard.

Put the yolks of eggs into a basin, add mustard, salt, and red pepper mix well then add the oil very slowly, drop by drop, at first beating it quickly all the time, when it begins to thicken add a little of the vinegar or lemon juice, and then the oil and vinegar alternately, until all is used. The sauce should be quite stiff. Should the sauce curdle it may be brought to its original state by gradually adding the dressing to the yolk of an egg, beating all the time.

MAYONNAISE SAUCE.

1 cup stock or water.
1 onion.
½ teaspoon Bee Brand Sage.
½ teaspoon Bee Brand Thyme.
½ teaspoon salt.
1 carrot.
1 turnip.
2 tablespoons butter.
2 tablespoons flour.
½ teaspoon whole peppers.
1 tablespoon chopped parsley.
A few drops Bee Brand Red Coloring.

Put the butter into a saucepan with the carrot, turnip, onion and tomatoes cut up, also add herbs, whole peppers, and parsley, fry these for ten minutes add the flour, stock, salt and red coloring, simmer slowly for thirty minutes, pass through a sieve, rubbing as much of the pulp through as possible; reheat and serve.

FRENCH DRESSING.

1 teaspoon Bee Brand Mustard.
1 teaspoon salt.
¼ teaspoon Paprika.
Few grains of Bee Brand Ground Red Pepper.
7 tablespoons olive oil.
4 tablespoons lemon juice.

Mix all the dry ingredients, add lemon juice and oil alternately, and beat until quite thick.

BOILED DRESSING.

1 teaspoon Bee Brand Mustard.
1 teaspoon salt.
¼ cup butter.
1 teaspoon Banquet Brand Paprika.
3 egg yolks.
2 heaping tablespoons flour.
¼ cup vinegar
Dust of Bee Brand Ground Red Pepper.
1 cup whipped cream.

Melt butter, add flour, seasoning, egg yolks and vinegar, cook over hot water until thick, add whipped cream. Beat well, chill, and serve.

SAUCE FOR CREAM PUFFS.

2 yolks of eggs.
¾ cup sugar.
1 heaping teaspoon butter.
¼ cup milk.
¼ cup cream.
2 tablespoons brandy.
Few grains of salt.

Cream together and heat for a short time in double boiler. Heat the cream puffs and serve with the hot sauce.

HARD SAUCE.

½ cup butter.
2 teaspoons Bee Brand Vanilla Extract.
1 cup sugar.
¼ cup whipped cream.
½ teaspoon Bee Brand Almond Extract.

Cream butter and sugar together, then add cream and flavorings, mix well and serve very cold.

WINE SAUCE.

4 tablespoons sherry wine.
2 eggs..
½ cup sugar.
½ cup whipped cream.
1 teaspoon Bee Brand Vanilla Extract.

Mix sugar, yolks of eggs and wine, then add flavoring and stir constantly. Cook until thick over hot water. Chill and add whipped cream.

For the unexpected guest "Bee Brand" Gelatine is a welcome and appetizing dessert.

MINT SAUCE.

1 cup fresh chopped mint.
¼ cup sugar.
½ cup vinegar.

Use only the leaves and tender tips of the mint. Dissolve the sugar and the vinegar, add the mixture to the mint. The sauce should stand for one hour and should be heated over hot water, just before using.

If the vinegar is very strong more sugar may be added.

WHITE SAUCE.

2 tablespoons butter.
2 tablespoons flour.
1 cup milk or white stock.
¼ teaspoon salt.
¼ teaspoon Bee Brand Ground Black Pepper.
Few grains Bee Brand Ground Red Pepper.

Blend butter and flour together in a saucepan, gradually add the milk or stock, stir till boiling, add seasonings, allow to cook for five minutes, stirring all the time.

To make sweet white sauce, prepare as above, except that sugar and Bee Brand Flavorings must be added instead of salt and pepper.

The child's mind is like dough, easily molded. Be careful, therefore, what you say and do in the presence of children.

SALADS.

"Salad was born to do me good."

An old Spanish proverb says it takes four persons to make a successful salad, a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to administer the seasoning, and a madman to stir the whole together.

It is better not to wash lettuces, but to wipe them with a clean cloth, shred them into the bowl. If any dirt or grit should stick, let them stand in cold water awhile, then shake vigorously in one of the open wire baskets sold for the purpose.

Vegetables, such as beans, peas, and kidney beans should after cooking, be quite cold and thoroughly well drained before using, and a little boiled parsley and a suspicion of onion added to them when placed in the bowl.

Amongst the vegetables appropriate for salads in addition to the foregoing are asparagus, artichokes, boiled beet, celery, cucumbers, tomatoes, cauliflowers, dandelions, string beans, lentils, broad beans, radishes, salsify, chicory, watercress, mustard and cress, chives, and a variety of herbs, which served with others, give piquancy to the flavor, and aid digestion.

A salad well prepared and garnished is a most charming compound. For the garnishing, only such things as can be eaten with the salad should be used, such as bright radishes, sliced beets and cucumbers, hard boiled eggs, nasturtium leaves and flowers, and marigolds may also be used.

Both the latter flowers are edible and have a pleasant flavor.

APPLE SALAD.

Some apples.
A few split capsicums.
A few tiny pickled gherkins.
Little lemon juice.
Olive oil.
A few finely chopped shallots.
Salt, Bee Brand Red Pepper and sugar.

Core and skin the apples. Slice them on to a shallow dish, dust with red pepper, and sprinkle among them a few of the shallots.

Place the capsicums and gherkins about the edge, strain the lemon juice, mix it with an equal quantity of olive oil, and add a pinch each of salt and sugar. Pour over the apples and serve before they have time to change color.

This salad is a tasty accompaniment to cold roast pork or goose.

BEET SALAD.

½ cup cooked chopped beets.
½ cup chopped cabbage.
¼ teaspoon salt.
½ cup chopped celery.
Small chopped onion.
Boiled dressing.

OVER

Chop the onion very fine and mix all ingredients together thoroughly. Cover with boiled dressing and garnish with watercress and slices of hard boiled egg.

COLD SLAW.

3 cups shaved cabbage.
1 teaspoon salt.
¾ teaspoon Bee Brand Mustard.
Dust Bee Brand Red Pepper.
3 teaspoons sugar.
1 egg.
½ cup heated milk.
2 teaspoons butter.
¼ cup heated vinegar.

Mix dry ingredients until well blended, add the egg unbeaten, mix thoroughly and pour the hot mixture over. Add the butter and cook over hot water until it thickens, stirring constantly. Remove from the fire and stir in the heated vinegar.

WALDORF SALAD.

2 cups diced tart apples.
2 cups diced celery.
1 cup English walnuts chopped.

Mix and pour over all mayonnaise dressing. Serve on crisp lettuce leaves.

FRUIT SALAD.

1 dozen oranges.
2 lbs. seeded and peeled grapes.
½ dozen bananas.
1 can pineapple.

Cut fruit fine, sweeten to taste. Arrange fruit in alternate layers. Serve with whipped and sweetened cream flavored to taste with Bee Brand Flavoring Extract.

NUREMBURG SALAD.

1 lettuce.
1 stalk of celery.
4 cooked beets.
1 peeled cucumber.
Cold cooked chicken or game.
4 fillets of anchovy.
12 olives.
Salt.
Few grains of Bee Brand Ground Red Pepper.
1 chopped onion.
1 gherkin.
1 hard cooked egg.

Pick the lettuce into little pieces, wash and dry it in a clean cloth.

Cut in strips the celery, cooked beets, cucumber, olives, fillets of anchovy, and cooked chicken or game; place all these on a dish or in a salad bowl, season with salt, red pepper, chopped onion and pour over them mayonnaise sauce, and mix all up together, then sprinkle over the gherkin finely chopped and hard cooked egg that has been rubbed through a sieve.

You have never appreciated the delightful delicacy of true Vanilla Flavor unless you have used "Bee Brand" Vanilla

FISH SALAD.

Some cold cooked fish.
1 lettuce.
3 tablespoons olive oil.
1 tablespoon vinegar.
1 hard boiled egg.
Half of one lemon.
3 pickled gherkins.
1 slice of cooked beet.
Bee Brand Pepper and salt.
Few grains of Bee Brand Ground Red Pepper.

Free the fish from bones, separate the pieces into small flakes, mix with the lettuce which must be well washed, wiped, and divided into shreds, season with salt, pepper and red pepper. Mix the oil and vinegar so that both are well incorporated, then pour over the fish and lettuce, mix carefully, and dish up in a pile on a china dish or salad bowl.

Garnish with slices of lemon, sliced gherkins, or other green pickles, slices of beet, slices of hard cooked eggs, and some chopped parsley.

CHIFFONADE SALAD.

1 cup diced celery.
1 cup pulp of grapefruit.
5 sliced and peeled tomatoes
4 chicory leaves.
French dressing.
Mayonnaise dressing.
Chopped olives.
Chopped parsley.
Green peppers cut in thin strips.

Break the chicory leaves into pieces for serving. Marinate all the different vegetables and grapefruit with French dressing. Arrange in separate mounds on a serving dish. Garnish each with the olives, parsley and green peppers. Pass mayonnaise dressing.

PUDDINGS.

"Cheerful looks make every dish a feast."

All the ingredients for puddings should be fresh and of good quality.

Eggs should always be broken separately into a cup before they are mixed together in the same dish as a single bad one will occasion the loss of many when this precaution is neglected.

The perfect sweetness of suet and milk should be especially attended to before they are mixed for a pudding as they will be more offensive than the first when it is over-kept, or worse in its effect than the curdling of the milk, which is the certain result of its being even slightly soured.

Custard puddings to have a good appearance, must be simmered over but without ceasing, for if boiled in a quick and careless manner the surface instead of being smooth and velvety, will be full of holes, whereas if simmered and the water well below it may be turned to mingle with the sauce

A very little salt improves all sweet puddings by overcoming the insipidity, and bringing out the full flavor of the other ingredients, but its presence should not be in the slightest degree perceptible

COTTAGE PUDDING.

1 tablespoon butter.
1 cup sugar.
2 eggs.
½ cup milk.
1½ cups flour.
2 teaspoons baking powder.
¼ teaspoon salt.
1 teaspoon Bee Brand Vanilla Extract

Cream butter and sugar together add yolks of eggs beaten until thick, flour mixed with baking powder and salt, have been sifted alternately with the milk beat well, add vanilla extract and the well beaten whites.

Pour into a well buttered pudding dish Bake forty five minutes in a moderate oven. Serve with wine sauce.

BEE BRAND TAPIOCA PUDDING.

¼ cup Bee Brand Pearl Tapioca, or
⅛ cup Bee Brand Hasty Tapioca.
2 cups milk.
2 eggs.
1-3 cup sugar.
Pinch of salt.
1 teaspoon Bee Brand Vanilla Extract.

OVER

Bee Brand Pearl Tapioca should first be washed and then soaked for five or six hours or over night. Drain off the water before using.

Bee Brand Hasty Tapioca should be soaked in enough water to cover until the water is absorbed. It is then ready for use.

Twice as much Bee Brand Pearl Tapioca as Bee Brand Hasty Tapioca should be used for the same purpose.

Prepare the tapioca as directed. Put the milk in a double boiler, add tapioca and cook until the tapioca is soft and transparent. Pour this into the beaten yolks of eggs to which have been added sugar and salt. Replace mixture in the double boiler and cook three minutes, fold in the beaten whites and add vanilla. When cool serve.

BEE BRAND DANISH PUDDING OR FRUIT TAPIOCA.

¾ cup Bee Brand Pearl Tapioca; or
⅛ cup Bee Brand Hasty Tapioca.
1½ pints boiling water.
½ teaspoon salt.
¼ cup sugar.
½ tumbler currant jelly.
½ teaspoon Bee Brand Rose Extract.

Prepare tapioca as directed. Place boiling water and tapioca in double boiler and cook until tapioca is clear, stirring often. Add the salt, sugar and currant jelly.

Stir until jelly is dissolved, then add rose extract. Pour into a dish and keep on ice. Serve cold with sugar and cream.

BEE BRAND APPLE TAPIOCA

¾ cup Bee Brand Pearl Tapioca; or
⅛ cup Bee Brand Hasty Tapioca.
2½ cups boiling water.
½ teaspoon salt.
7 cooking apples.
½ cup sugar.
¼ teaspoon Bee Brand Ground Nutmeg or Cinnamon.

Prepare tapioca as directed. Add tapioca and salt to boiling water and cook in double boiler until transparent. Core and pare apples, put in buttered pudding dish.

Fill the cavities with sugar and spice, pour the tapioca over the apples and bake in a moderate oven until the apples are soft. Serve with sugar and cream or a sweet sauce.

BEE BRAND PEACH TAPIOCA.

1 cup Bee Brand Pearl Tapioca; or
½ cup Bee Brand Hasty Tapioca.
1 can peaches.
¼ cup powdered sugar.
Boiling water.
½ cup sugar.
¼ teaspoon salt.
1 teaspoon Bee Brand Peach Extract.

OVER

FLOATING ISLAND CUSTARD.

2 cups milk.
4 eggs.
3 tablespoons sugar.
Pinch of salt.
½ teaspoon Bee Brand Vanilla Extract.
½ teaspoon Bee Brand Lemon Extract.

Scald the milk in a double boiler. Mix egg yolks, sugar and salt and add scalded milk to them, return to double boiler, and cook stirring all the time until the mixture thickens and is of a smooth and creamy consistency. Strain into a cold dish and add flavorings when cold.

Scald the custard before it curdles, set immediately into a dish of cold water, and beat briskly with wire whisk or egg beater.

Garnish the custard with a meringue made with the whites of eggs adding to them four tablespoons of sugar, and one half teaspoon Bee Brand Vanilla, beaten until stiff.

The meringue may first be poached in boiling water a spoonful at a time, dropped on top of custard or may be placed there with a pastry bag and tube, and teaspoonfuls of red currant jelly placed on top of each island.

BREAD CUSTARD.

2 cups stale breadcrumbs.
3 pints sweet milk.
1 tablespoon butter.
1 tablespoon Bee Brand Extract Vanilla.
4 yolks of eggs.

Mix bread crumbs, milk, butter, Bee Brand Vanilla, and yolks of eggs, sweeten to taste. Turn into a buttered pudding dish and bake until light brown. Beat the whites of eggs to a stiff froth, add one tablespoon powdered sugar to the egg. Spread over the top and bake a light brown.

TO BRANDY PEACHES.

1 lb. peaches.
¾ lb. white sugar.
½ tumbler water.
Rectified spirits.

Pare the large white cling peaches very smooth. Put the sugar and water in a kettle, boil and skim, then put in the peaches a few at a time, let them scald together and boil until tender. When done lay on a dish to cool, then put in jars.

Pour the syrup into a pitcher, and when nearly cold, mix an equal portion of syrup and rectified spirits sufficient to cover the peaches closely; then put in a dark place.

GINGER PUDDING.

1 egg.
3 tablespoons sour cream or milk.
¾ tablespoon melted butter.
½ cup molasses.
1 teaspoon Bee Brand Ground Ginger.
1 teaspoon Bee Brand Ground Cinnamon.
1 cup flour.
1 teaspoon baking soda dissolved in hot water.

OVER

Mix all the ingredients together and bake in buttered muffin pans in a moderate oven. If sour milk is not used, two teaspoons cream of tartar can be used. To be served hot with a sweet sauce.

RENNET.

1 quart sweet milk.
4 tablespoons sugar.
1 tablespoon Bee Brand Vanilla Extract.
1 tablespoon liquid rennet.

Heat the milk, when lukewarm add sugar, vanilla and rennet. Pour into glass dish or glasses and set in a warm place until firm. Remove carefully without shaking, to cool, place on ice or refrigerate and let stand until time to serve.

Serve with or without cream. One junket tablet dissolved in one tablespoon cold water may be used instead of liquid rennet.

PEACH MERINGUE.

1 can of peaches.
Whites 4 eggs.
4 tablespoons sugar.
2 teaspoons Bee Brand Peach Extract.

Take a can of peaches and pour off the juice, sweeten and let it boil. Thicken syrup then drop in the peaches and set them to boil a few minutes.

Put these in a dish, and having beaten the whites of eggs to a stiff froth, adding the sugar and peach extract, spread this over the peaches and set in the oven to brown.

CREAM PUFFS.

2 ozs. butter.
½ pint water.
¼ pint sifted flour.
4 eggs.
Pinch of salt.

Put the butter into a saucepan and water, bring to boiling point, add gradually the flour and salt, stir well with a wooden spoon until the mixture leaves sides of the pan, remove from the fire, allow to cool, but not become cold, add eggs, beating each one thoroughly in. Put away in a cool place for one hour.

Put into a forcing bag with a plain tube and force into greased baking tins in small rounds. Bake in a hot oven for twenty minutes.

When cold slit them open at one side and fill them with cream prepared as with wrapper, cream sweetened and flavored with Bee Brand Extract of Vanilla. Sprinkle powdered sugar on the top.

CUSTARD PUDDING.

⅛ cup Bee Brand Hasty Tapioca or ¼ cup rice or Bee Brand Pearl Tapioca.
2 cups milk.
2 eggs.
1-3 cup sugar.
⅛ teaspoon salt.
1 teaspoon Bee Brand Vanilla Extract.

OVER

Soak the tapioca in enough cold water to cover it, until it absorbs the water, add to the milk and cook in a double boiler until the tapioca is soft and transparent, pour the hot milk over the yolks of eggs, sugar and salt, return to double boiler and cook three minutes, remove from fire, add the beaten whites and vanilla extract. Serve cold. Rice must be cooked until soft in boiling water.

SCALLOPED APPLES.

2 cups chopped apples.
2 cups buttered breadcrumbs.
½ cup brown sugar.
¼ teaspoon Bee Brand Nutmeg.
¼ teaspoon Bee Brand Ground Cinnamon.
Strained juice and rind of ½ lemon.
¼ cup water.

Pare, core and chop the apples. Mix together the sugar, spices and grated lemon rind. Arrange in a buttered baking dish first the bread crumbs, then a layer of apples, then the spice mixture until the dish is full, add the lemon juice and water before the top covering of crumbs.

Cover and bake in a moderate oven from three quarters to one hour or until the apples are soft. Then uncover and cook until the crumbs are brown. Serve with hard sauce.

SNOW CREAM.

1 quart sweet cream.
3 tablespoons cornstarch.
6 whites of eggs.
Bee Brand Lemon, Vanilla or Almond Extract.

Heat the cream, stir into it the cornstarch blended with a little cold cream, sweeten to taste, and allow it to boil stirring all the time for five minutes, add quickly the beaten whites of eggs, do not allow it to boil up more than once after adding the eggs, add flavoring.

Lay the snow thus formed quickly in rocky heaps on silver or glass dishes. Thoroughly chill in ice box.

If the recipe is closely followed, any family may enjoy it at a trifling expense, and it is really worthy the table of an epicure. It can be made the day before it is to be eaten, if kept cold.

TAPIOCA CREAM.

3 tablespoons Bee Brand Hasty Tapioca.
1-3 cup sugar.
2 eggs.
2 cups milk.
⅛ teaspoon salt.
1 teaspoon Bee Brand Pear Extract.

Soak the tapioca with a little cold water, then add the milk and cook until tapioca is clear and transparent then add yolks of eggs, sugar and salt which have been beaten together. OVER

Boil for ten minutes and pour extract, put in buttered baking dish and allow to get cold.

Make a meringue with the whites of eggs and then put in oven to get brown and serve. Always pour a hot mixture over the beaten eggs, instead of pouring eggs in hot mixture.

APPLE AND RICE PUDDING.

Apples.
1 cup sugar.
¼ lb. rice.
1 cup water.
Bee Brand Extract, Lemon or Vanilla

Core as many tart apples as will fill a good sized pudding dish, put sugar and water in the apples and put apples in the oven for a few minutes—not long enough to break apart.

Boil the rice in enough water or milk to swell it and serve with sugar. Put over the rice at the bottom of the buttered pudding dish, and place the apples upon it.

Fill up the centers and the spaces between the apples with rice and the syrup over them. Fill up the dish with boiling milk flavored with Bee Brand Extract, and bake just long enough to brown it nicely.

CUP CUSTARD.

6 eggs.
1 cup sugar.
1 quart milk.
Bee Brand Extract.
Bee Brand Ground Cinnamon and Nutmeg.

Beat eggs, sugar and milk, and add Bee Brand Extract for flavoring you may like.

In custard cups, put a little Bee Brand Nutmeg or Bee Brand Cinnamon over the tops, set them in a moderate oven in a shallow pan half filled with hot water and at about twenty minutes try them with the handle of a teaspoon to see if they are firm.

Too great heat is needed to cook custard, for if the oven is a minute too long, or the fire is too hot the milk will certainly whey.

Serve cold, with fresh fruit sugared and placed on top. Peaches, Strawberries, peaches or raspberries as preferred.

The usual rule for a custard is, eight eggs to a quart of milk but a good rule a good custard can be made with six, or even less eggs if necessary with the addition of a level tablespoonful of cornstarch to every pint blended with the sugar before adding the ingredients.

Custards may be baked, boiled or steamed, either in cups or one large dish. It improves custards to first boil the milk and then cool it before being used; a little salt adds to the flavor.

Any cake or bun batter may also be added if you want to enrich the custard.

Prepare fruit as directed. Drain peaches, sprinkle with powdered sugar and let stand for one hour. To peach syrup add enough boiling water to make three cups, heat to boiling point, add tapioca, sugar, butter and peach extract, then cook in double boiler until transparent.

Line pudding dish with peaches cut in quarters, fill with tapioca and bake in moderate oven thirty minutes. Cool slightly and serve with cream or sugar or a sweet sauce.

DATE PUDDING.

½ lb. dates.
3 tablespoons butter.
½ cup molasses.
½ cup milk.
1 ⅔ cup flour.
½ teaspoon baking soda.
½ teaspoon each of Bee Brand Cloves, Allspice, and Nutmeg

Stone dates and cut into small pieces. Melt the butter, add molasses and milk. Mix the dry ingredients and sift to blend them thoroughly, then add them to the butter mixture, lastly add the dates.

Pour into a buttered mold, cover with buttered paper and steam for one and a half hours.

BEE BRAND DATE TAPIOCA.

¼ cup Bee Brand Pearl Tapioca; or
¼ cup Bee Brand Hasty Tapioca.
2 cups milk.
1 teaspoon butter.
1 egg
¼ cup sugar.
¼ teaspoon Bee Brand Grated Nutmeg.
½ cup chopped dates.

Scald the milk in a double boiler and shake the tapioca into it stirring all the time. When it begins to thicken, add butter, egg well beaten, sugar, nutmeg and dates. A portion of the hot milk should be poured on the egg and returned to double boiler. Then add other ingredients. Pour into a buttered pudding dish and bake in a moderate oven for thirty minutes.

BEE BRAND TAPIOCA SPONGE.

¼ cup Bee Brand Pearl Tapioca; or
¼ cup Bee Brand Hasty Tapioca.
1 cup fruit juice.
1 cup water.
½ cup sugar.
¼ teaspoon salt.
Whites of 2 eggs

Heat water and fruit juice in a double boiler, then stir in Tapioca. Cook until clear. Add sugar and salt.

Fold in beaten whites of eggs, cook two minutes longer, then turn into wet molds to set.

Serve with a soft custard made with yolks of eggs, one cup milk, sweetened and flavored with Bee Brand Almond Extract.

BEE BRAND CREAM OF TAPIOCA SOUP.

⅔ cup Bee Brand Pearl Tapioca; or
⅓ cup Bee Brand Hasty Tapioca
2 pints white stock, or milk or water.
4 yolks of eggs.
Salt and pepper to taste
1 cup cream.

Put the stock in a saucepan on the fire, and when it boils shake in the tapioca, let it cook gently until it looks clear.

Beat up the yolks and add them to the cream. Cool the soup, then strain in the yolks. Reheat it very slowly, taking care that it does not boil, for if it does it will curdle.

Season it carefully, and serve in a hot tureen, handing with it neat dice of toast or fried bread.

If you are using milk or water, cook in it for forty minutes before adding one sliced carrot, one sliced turnip, one sliced onion a bunch of parsley, and six whole peppers. If the milk or water is used without this flavoring the soup will be very insipid.

The vegetables must, of course, be strained out of the liquid before it is used for the soup.

BEE BRAND COCOANUT TAPIOCA

⅔ cup Bee Brand Pearl Tapioca; or
⅓ cup Bee Brand Hasty Tapioca.
2 pints milk.
4 eggs.
4 tablespoons chopped cocoanut.
1¼ cups sugar.
1 teaspoon Bee Brand Almond Extract.

Boil the milk, then shake in the Tapioca, and boil for thirty minutes. Beat up the yolks of eggs with one cup of the sugar, add three tablespoons chopped cocoanut, strain and boil for ten minutes longer, then add the almond extract.

Pour into a buttered pudding dish. Beat the whites of the eggs to a stiff froth, stir in the rest of the sugar and beat again, put this meringue over the top, and sprinkle cocoanut over the surface. Brown in the oven for five minutes.

BEE BRAND TAPIOCA DAINTY.

¼ cup Bee Brand Pearl Tapioca; or
¼ cup Bee Brand Hasty Tapioca.
4 tablespoons sugar.
1 teaspoon Bee Brand Lemon Extract.
1 cup whipped cream.
2 cups milk.

Boil the milk, then shake in the tapioca and boil till clear. Allow to cool then add sugar, lemon extract and whipped cream. Serve cold in dainty glasses, decorate with a fancy wafer. This is excellent eaten with other preserved peaches, pears, or stewed fruit.

Never ridicule the faults of others. Use the effort to correct your own.

BEE BRAND TAPIOCA AND RASPBERRY TART.

¼ cup Bee Brand Pearl Tapioca; or
¼ cup Bee Brand Hasty Tapioca.
2 cups milk.
4 heaping tablespoons sugar.
1 teaspoon Bee Brand Vanilla Extract
2 eggs.
2 tablespoons raspberry syrup.
Some pastry.

Line a buttered pudding dish with pastry then take it in the oven. Boil the milk, shake in the tapioca and cook till quite soft. When clear add raspberry syrup, sugar, vanilla, and yolks of eggs. Mix well, but do not boil again. Pour this mixture into the prepared pudding dish. Beat up whites of two eggs to a stiff froth adding a little sugar and flavor with Bee Brand Lemon Extract. Pile this rockily on the top of the tart, and place in the oven until the meringue is a golden brown color.

Take out, leave till cold, and serve.

GRAHAM PUDDING.

¼ cup butter.
½ cup molasses.
½ cup milk.
1 egg, well beaten.
1½ cups graham flour.
½ teaspoon salt.
½ teaspoon Bee Brand Powdered Cinnamon.
¼ teaspoon Bee Brand Ground Cloves.
1 cup seeded raisins.

Melt butter and add molasses and milk. Sift graham flour and salt, add spices, and raisins cut in pieces and dredged with flour and add egg well beaten and melted butter, etc.

Turn into buttered mould cover with buttered paper, steam two and a half hours. Serve with liquid sauce.

PRUNE SOUFFLE.

¼ lb. prunes.
5 whites of eggs.
1 teaspoon Bee Brand Nectarine.

Soak the prunes overnight in cold water and cook till soft, then rub through a sieve and sugar and cook until of the consistency of marmalade.

When cold fold in the stiffly beaten whites and the nectarine extract. Serve with whipped cream.

TRILBY.

1 qt. whipped cream.
½ lb. marshmallows pulled into pieces.
½ cup sugar.
½ can sliced pineapple.
½ teaspoon Bee Brand Banana Extract.
1 banana.
2 oranges.
¼ teaspoon Bee Brand Apricot Extract.

OVER

All fruits cut finely and mixed with cream and extracts. Serve in dainty glasses decorated with cherries.

STUFFED BAKED APPLES.

Apples.
Sugar.
Seeded raisins.
Blanched almonds.
1 teaspoon Bee Brand Apple Extract.

Core and peel any number of apples, fill with sugar, raisins, and almonds, place in a pan with water half the depth of fruit, with a spoonful of sugar to each apple. Bake until done in a moderate oven.

Lift out, put on dish and pour syrup around the apples. Serve with whipped and sweetened cream flavored with apple extract. Blanched almonds piercing the apples thickly before being baked are pretty and good.

APPLE FLOAT.

1 doz. large apples.
Sugar to taste.
Whites of eggs.
Bee Brand Gound Nutmeg.

Core and peel the apples, let them cook until they can be pierced with a straw, beat with an egg beater until smooth. Sweeten to taste.

Add one well beaten white of egg to every cup of apple, flavor with nutmeg. Place in a dish and dot over with small pieces of red currant jelly.

SWEET OR IRISH POTATO PUDDDING.

¼ lb. butter.
¼ lb. sugar.
¼ lb. mashed potatoes.
¼ gill cream.
5 eggs.
2 tablespoons brandy.
Rind of 1 lemon.
1 teaspoon Bee Brand Nutmeg.
1 teaspoon Bee Brand Cinnamon.

Beat butter and sugar to a cream, add eggs well beaten, then add cream, lemon rind, brandy, potatoes and spices. Mix well together and bake in a buttered pudding dish in a moderate oven till firm.

ORANGE PUDDING.

5 oranges.
1 cup sugar.
1 pint milk.
3 eggs.
1 tablespoon cornstarch.
1 teaspoon Bee Brand Orange Extract.

Peel and cut the oranges into slices, taking out the seeds. Sprinkle over them the sugar. Add to the yolks of the eggs the cornstarch made smooth with a little cold milk and the orange extract, stir it over the fire till it thickens, then pour it over the fruit.

Beat the whites to a stiff froth, adding one tablespoon of sugar and spread over the top for frosting. Set in the oven for a few minutes to harden. Eat hot or cold but it is better if cold. Berries or peaches can be substituted for oranges.

QUEEN OF PUDDINGS.

1 cup sugar.
¼ cup powdered sugar.
2 cups fine breadcrumbs.
5 eggs.
1 tablespoon butter.
1 teaspoon Bee Brand Vanilla Extract.
1 qt. milk.
½ cup jelly or jam.

Cream butter and cup of sugar, add yolks beaten light then bread crumbs soaked in the milk then the vanilla. Bake in a buttered pudding dish until firm. Allow to cool, then spread with jelly or jam.

Cover this with a meringue made from the whipped whites and powdered sugar, or when the meringue is made. In the summer use fresh strawberries instead of jelly.

BEE BRAND PUDDING (EQUAL TO PLUM PUDDING.)

1 cup suet chopped fine.
1 cup milk.
2 cups seeded raisins.
1 cup molasses.
2 cups flour.
1 cup cleaned currants.
¼ cup each of cut citron, candied lemon and orange peel.
1 teaspoon baking soda.
1 teaspoon each of Bee Brand Powdered Cinnamon, Cloves and Nutmeg.

Mix the ingredients together, pour into a well buttered mold, cover with buttered paper and steam for two hours. Serve with any good sauce either hard or liquid.

ENGLISH PLUM PUDDING.

¼ lb. flour.
1 lb. stale bread.
2 cups hot milk.
½ lb. sugar.
8 eggs.
1 lb. seeded raisins.
1 lb. cleaned currants.
¼ lb. citron cut in slices.
1 lb. chopped suet.
1 wineglass rose water.
Strained juice 1 lemon.
1 Bee Brand Grated Nutmeg.
1 tablespoon Bee Brand Ground Mace.
1 tablespoon Bee Brand Ground Cinnamon.
1 tablespoon Bee Brand Ground Cloves.
1 teaspoon salt.

Soak the bread in the milk, let it stand until cold. Then add sugar, flour, fruit, peel, suet, salt, spices, rose water, lemon juice and eggs well beaten. Pour into a mold previously scalded and floured with flour. Tie the cloth firmly, leaving room for the pudding to swell and boil six hours.

Serve with hard or hot liquid sauce.

CHARLOTTE RUSSE.

2 cups whipped cream.
1 heaping tablespoon Bee Brand Powdered Gelatine.
2 beaten whites of eggs.
¾ cup sugar.
½ cup milk
1 teaspoon Bee Brand Vanilla Extract.

Dissolve gelatine in the milk over the fire, cool and add to it the whipped cream with the sugar, vanilla and beaten whites. Pour into a wet mold, turn out when set.

ITALIAN CREAM.

2 heaping tablespoons Bee Brand Gelatine.
3 cups custard.
1 cup cream (whipping).
1 cup milk.
½ cup sugar.
Grated rind 2 lemons.
2 ozs. each preserved ginger, candied fruits and cherries.

Dissolve the Gelatine in the milk. Whip up the cream, add the custard, sugar, grated lemon rinds, and the candied fruits cut finely.

Mix thoroughly and strain in the dissolved gelatine. Stir occasionally until beginning to set, and pour into a mold previously rinsed in cold water. Turn out when firm.

SPANISH CREAM.

½ box Bee Brand Gelatine.
1 qt. milk (boiling).
4 eggs.
4 tablespoons sugar.
Bee Brand Vanilla Extract to taste.

Dissolve the Gelatine in the boiling milk, add yolks of eggs and sugar well beaten together, stir until it thickens.

Remove from the fire, add whites stiffly beaten, sugar and vanilla. Pour into wet molds. Turn out when firm and serve with cream.

FRUIT JELLY.

½ box Bee brand Gelatine.
1½ pints boiling water.
2 cups sugar.
Juice and rind 1 orange.
Juice and rind 1 lemon.
3 oranges.
4 large bananas.

Dissolve the Gelatine in the boiling water, then add the sugar and rinds. When cold, add orange and lemon juices. Strain into a mold containing the oranges cut up small and bananas sliced. Set away until firm.

WINE JELLY.

1 box Bee Brand Gelatine.
3 pints boiling water.
3 cups sherry wine.
Grated rind 1 lemon.
Juice and pulp 2 lemons.
3 cups sugar.
Juice and pulp 2 oranges.

Dissolve the Gelatine in the boiling water, then add all the other ingredients. Bring them to boiling point and strain into a wet mold. Turn out when firm.

INVALID COOKERY.

"The daintiest that they taste."

For the essential in preparing food for the sick invalid is the absolute cleanliness of all utensils. Milk and milk foods particularly, should be cooked in vessels used for no other purpose and capable of being scalded or scoured.

All materials used must be of the best quality and absolutely fresh, and as great a variety as possible should be provided.

The manner of preparing should be the simplest, and seasoning, flavoring very carefully regulate, for the patient's taste, remembering that in illness the palate is very sensitive and would find many seasonings too strong, and that certain seasonings and flavorings are not very wholesome and are sometimes prohibited.

A patient's food must be given as punctually as his medicine, but must not be forgotten that it is as unpunctual to have food ready too soon, and spoiled by over cooking or waiting, as to be too late and find the appetite gone.

The greatest neatness and daintiness must be observed in dishing and serving.

INVALID SOUP.

1 cup of beef tea.
1 tablespoon Bee Brand Hasty Tapioca.
2 yolks of eggs.
Seasoning of salt and Bee Brand Ground Black Pepper.

Boil the tapioca in a little water until clear. Strain it and put it into the beef tea, which should be made warm.

Add the yolks of eggs and cook slightly. Season and serve.

RESTORATIVE SOUP.

1 lb. knuckle of veal.
1 chicken.
1 lb. shin of beef.
3 qts. cold water.
1 tablespoon salt.

Cut the meat into small pieces removing all fat. Put the bones and meat into a saucepan with the water, and add salt. When it comes to the boil, simmer very gently for five hours or as long as required.

If vegetable flavoring is allowed, this soup will be improved by adding two or three sliced carrot, sliced turnip and one teaspoon Bee Brand Onion Extract, to be cooked in the soup.

BARLEY CREAM.

½ lb. of veal cutlet or chicken.
1 cup of water.
½ oz. pearl barley.
4 tablespoons whipped cream
Salt to taste.

OVER

Shred the veal or pass it through a chopping machine. Wash and blanch the barley. Put the veal, cold water, and barley into a saucepan, add a little salt, and bring to the boil. Simmer gently 4 to 5 hours. Pound the meat and barley in a mortar with a little of the juice, season and rub through a sieve.

Add the cream, and warm up if required hot. This is nutritive and digestible.

APPLES WITH CUSTARD SAUCE.

4 apples.
4 heaping tablespoons sugar.
1 cup water.
1 inch Bee Brand Cinnamon Roll.
Bee Brand Red Coloring.

Peel and core the apples, keeping them whole, and place in a pudding dish, then put in the sugar and lemon rind and bake in a moderate oven till tender. Be careful not to overcook or they will break.

Serve on a hot dish, color the syrup with red coloring, and strain over.

If liked, make a custard with one egg, one gill of milk, one heaping teaspoon sugar and half teaspoon Bee Brand Vanilla Extract, and pour round the apples instead of the syrup.

MACARONI PUDDING.

2 ozs. macaroni.
1 cup milk.
1 heaping tablespoon sugar.
1 egg.
1 teaspoon Bee Brand Lemon Extract.

Break the macaroni into short pieces and put it into a saucepan of boiling water with a teaspoon of salt, and boil for fifty minutes until tender. Drain.

Cook gently in the milk for ten minutes, add the sugar, the egg well beaten, and the lemon extract. Place in a buttered pudding dish and bake for twenty minutes in a moderate oven.

Spaghetti may be used in the same manner.

OLD FASHIONED CAUDLE.

1 tablespoon fine oatmeal.
1 gill water.
1 cup milk.
1 wineglass brandy or sherry wine
1 strip of lemon rind.
1 heaping tablespoon sugar.
Grating of Bee Brand Nutmeg.

Boil the oatmeal, water, milk and lemon rind together for ten minutes. Remove the lemon rind, add the brandy, sugar and nutmeg.

The yolk of one egg may be stirred in if liked.

VANILLA SOUFFLE.

1 tablespoon butter.
1 tablespoon flour.
1 gill milk.
1 teaspoon Bee Brand Vanilla Extract.
3 whole eggs and 1 additional white.
2 tablespoons sugar.

OVER

Put the butter and flour in a saucepan and stir till smooth, then add the milk, stir till it boils and becomes thick, then set it on the hot plate for ten minutes, then add the sugar, vanilla extract, the yolks of the eggs, one by one, stirring each in thoroughly, then the whites stiffly beaten up, pour all into the prepared mold

Steam gently for one hour. Turn out and serve hot.

A soufflé mold is plain and holds one pint. It is prepared thus: butter it well, then butter a double piece of paper and wrap it round the mold outside, having about one inch above the edge, and tie it on securely. The paper is torn off when the soufflé is ready.

QUENELLE OF FISH.

1 lb. haddock.
Slice of bread.
1 tablespoon butter.
1 teacup milk.
1 tablespoon chopped parsley.
1 egg and 1 yolk.
Bee Brand Ground Black Pepper and salt.

Remove the skin and bones from the haddock and scrape it down, putting aside any part that is not nice.

Soak the bread in the milk and when quite soaked strain it, put the bread in a saucepan with the butter, parsley, yolk of one egg, and stir over the fire till it becomes a thick paste.

Put it in a mortar or basin with the flesh of the haddock, and pound all to a smooth paste, add the egg beaten, and mix thoroughly, also seasoning of salt and pepper. When well mixed put it in a buttered mold, cover with buttered paper and steam for one and a half hours.

Serve with white sauce over.

BREAD JELLY.

1 slice of bread.
2 tablespoons milk or cream.
Sugar.
Bee Brand Grated Nutmeg.
½ lemon.

Have it in slice of bread toasted till dry and brown. It must be quite dry, remove the crusts and break it up. Put it in a small saucepan with enough water to cover it well and allow it to simmer for at least two hours, adding more water, if necessary till it is quite a jelly.

Strain the water off, add the milk, and either grated nutmeg or the juice, rind of a half a lemon, and sugar enough for the taste of the invalid.

Mix all thoroughly and serve hot or cold.

This bread jelly can be varied in preparation greatly, and is most nourishing. Having the bread toasted prevents it becoming acid on the stomach.

For instance, yolk of egg may be added instead of milk, it is as well as milk, and lemon juice instead of lemon rind, also wine or brandy if either of those stimulants are required.

PRESERVES, JELLIES AND MARMALADES.

"Let the ticking clock guide the boiling crock."

Fruit for preserving and canning must be gathered in dry weather and should be carefully selected, discarding all bruised fruit, and for preserving only that of the largest and finest quality. Use only the best white sugar. Use bright, clean brass or nickel pans, stone, copper or enamel-lined iron. Stir with wooden or silver plated spoons, never with iron or tin. The old way of preserving was to always use one pound of sugar to one pound of fruit and cook to a thick syrup a long time and put it up in stone jars. Now it can be put up in bright tin or small glass jars, and requires less sugar and cooking. For most fruit three quarters of a pound of sugar to one pound of fruit is enough, of course very acid fruits require more.

When cooking marmalade, or fruit butter, put an asbestos mat under it, and it will not have to be watched so closely.

PLUM AND PEAR PRESERVES.

4 lbs. plums.
1 teaspoon Bee Brand Ground Cloves.
4 lbs. ripe pears.
4 lbs. sugar.
1 cup water.

Peel the plums, take out the stones, weigh the fruit; peel and core the pears, cut them and weigh. Put the plums, pears, sugar, water and cloves into a saucepan, boil all together until the fruit is soft and until it sets. Fill into jars and cover down when cold.

APPLE JELLY.

3 lbs. apples.
1 cup water.
Sugar.
Any flavor, Bee Brand Extract preferred.

Core and slice the apples into a jelly pan, add the water. Cook until they are reduced to a pulp, then allow them to drain in a jelly bag all night.

Do not squeeze them. Next day put the juice into a saucepan without any sediment, add one pound of sugar for every two cupfuls of the juice and a few drops of extract. Boil until it will set, and when cold, put into jars and cover as quickly as possible.

RHUBARB AND FIG PRESERVES.

5 lbs. rhubarb.
1 lb. dried figs.
5 lbs. sugar.
1 tablespoon Bee Brand Ground Ginger.
2 ozs. blanched and shredded almonds.

over

Peel and cut the rhubarb into one and a half inch lengths, add the things, wash, and cut into small pieces, and the sugar and allow to remain for twenty four hours. Add the almonds and ginger and boil steadily for half an hour. Then pot and seal.

LEMON MARMALADE.

12 large lemons.
7 qts. water.
Sugar.

Slice and remove the pips from the lemons, and leave the sliced fruit in the water for twelve hours. Then boil all gently together for two hours, then again leave it till the next day. Now weigh it and take for each pound of pulp an equal weight of sugar, and boil the juice clear and beginning to set, when it must be potted and tied down while hot.

TANGERINE MARMALADE.

30 tangerines.
2 lemons.
Water.
Double the weight of oranges in sugar.

Put the tangerines and lemons whole into a preserving pan, add sufficient water to float them, and boil till quite soft. Take up the tangerines, let them cool. Cut in halves, take out the pulp. Put this into the water the oranges were boiled in, allowing one quart to every pound of oranges put this on the fire, and boil for twenty minutes, strain through a fine sieve first then through a jelly bag, return the liquid to the preserving pan, add the sugar, and bring to the boil. Have some of the peel cut in very thin strips, add to the liquor and boil for half an hour, or until it jellies. Fill jars and, when cold, cover.

CARROT JAM.

Carrots.
Sugar.
Lemons.
Brandy.

Thoroughly wash some carrots, cut off all the red part, put them in a saucepan with a little water, and boil until quite soft. Drain them well, then rub through a sieve. Weigh this puree, put into a preserving pan, with three quarters of a pound of sugar to each pound of pulp, add the strained juice of half a lemon to each pound. Stir this over the fire, let it come to the boil, and then simmer for twenty minutes or until it will set. Remove from the fire, stir in a gill of brandy, let it cool a little, then fill into jars, and seal when cold.

PEACH BUTTER.

7 lbs. peeled and sliced peaches.
2 cups vinegar.
7 cups sugar.
2 tablespoons Bee Brand Whole Cinnamon.
1½ tablespoons Bee Brand Whole Cloves.

OVER

Put the cinnamon and cloves into a muslin bag. Cook the peaches with the vinegar and spices until it is spiced to taste; then remove the bag. Then cook the peaches until as thick as marmalade, stirring frequently and taking care not to scorch. Put into jars and seal.

RAW FRUIT PRESERVE.

2 cups rum or brandy. Fruit of any kind.
Sugar.

Into a large stone jar put the rum or brandy and one pound of sugar, then any kind of fruit at hand, no matter how many kinds, after stalking, stoning, and wiping it, adding one pound of sugar to each pound of fruit, and stirring it well from the bottom with a clean wooden spoon each time fruit is added.

Two cups of spirit is ample for seven pounds of fruit and sugar. The fruit may be added all through the summer just as it comes to perfection. It must be carefully covered with a blanket. The more sorts of fruit the richer this is, only remember to cut up the large fruit into convenient pieces and stir it all well together each time it is touched.

STRAWBERRY JAM.

6 lbs. strawberries. 1 tablespoon water.
6 lbs. sugar.

Put the strawberries and water into a preserving pan. Set over gentle heat, and stir very gently so as not to break the fruit. Cook in this way for half an hour. Put in the sugar, stir till it boils, and boil for a quarter of an hour, removing the scum. Pour into pots. This is a difficult jam to keep. Only good quality preserving strawberries should be used, and even then much depends on the season.

STRAWBERRY JELLY.

Strawberries. Sugar.

Take the freshly gathered and stalked fruit in the preserving pan over a clear slow fire, let the juice flow freely, stirring it now and again with a silver or new wooden spoon, till it has completely extracted, then allow it to simmer gently for thirty minutes but no longer, or it would thicken too much. Now strain through a hair sieve, weigh it, and then boil it up sharply for twelve to fifteen minutes, stirring it constantly. Then put the pan from the fire, and put in little by little, twelve ounces of sugar to each pint of juice being careful each bit is dissolved before the next is added in. When the juice and sugar are thoroughly blended return the pan to the fire, and boil it sharply together till it will jelly when lifted in the spoon.

The weakest spot in every man is where he thinks himself to be the wisest.

GINGERED PEARS.

8 lbs. pears.
4 lbs. sugar.
Strained juice and thin rind 4 lemons.
⅛ lb. Bee Brand Whole Ginger.
1½ cups water.

Bring the sugar and the water to a boil, then boil it for five minutes, add the pears peeled and chopped, juice and rind of the lemons, and the ginger cut in thin slices, then simmer very gently until the consistency of marmalade—it takes about one hour. This is particularly nice served with ice cream.

YELLOW TOMATO PRESERVES.

Tomatoes.
Sugar.
Water.
1 lemon.
A little sliced preserved ginger.

Allow one pound of sugar to each pound of tomatoes and half a cup of water to each pound of fruit. Cover the tomatoes with boiling water, then skin. Make a syrup of the sugar and water, and when boiling add the tomatoes, then add the lemon sliced, and the ginger. Cook until they are clear, remove, pack in jars, cook the syrup until thick, pour over and seal.

PICKLES, RELISHES, Etc.

"Who seeks for better of thee, sauce his appetite."

Pickles are like all other preserves the best materials alone should be used. The fruits and vegetables chosen should be sound ripe and not over ripe, and freshly gathered on a dry day, and if possible when the dew is off. They should never be put into vessels of brass, copper or iron as the action of the acid on such metals often results in poisoning the pickles. Porcelain or granite ware is the best to use. Vinegar that is used for pickling should be made from the best of cider or white wine and should never be boiled more than five or six minutes, as boiling reduces its strength.

In putting pickles away use stone or glass jars. When the jar is nearly filled with the pickles, the vinegar should completely cover them and if there is any appearance of not being well turned with the vinegar cover with more vinegar and spices. Alum in small quantities makes them firm and crisp. In using grape vine leaves, tie them in small bags. To keep green pickles put grape vine leaves or green cabbage leaves between them when heating. Vegetables that harden in boiling may be put into a jar of pickles and will keep them from losing their strength and the pickles will keep sound much longer.

Flavoring Vinegar.

A very useful flavoring for most pickles may be made by mixing up together one gallon of good vinegar, about ten ounces of salt, two ounces of shallots, two ounces of bruised ginger, half an ounce of Red Pepper, White Mace, one teaspoonful of Red Pepper and Ground Red Pepper three quarters of an ounce of mustard seed and one ounce of turmeric; let these simmer together gently, they boil up, for from five to twenty minutes and when cold put into a stone jar and when you can throw in as they ripen any vegetable that one may have such as brocoli, cut up cauliflower, string beans, tiny cucumbers, onions, radishes, etc., using perfectly fresh vegetables. Totally avoid iron, tin or copper utensils in making very particular to keep the jar closely covered all the time, covering it tightly and some will add a little salt. This pickle will be in condition to eat in two months makes a very nice household pickle with the least amount of trouble.

As a matter of fact almost every housewife has her own views on the best spices for pickles and sauces and must not be too delicate, or it will overpower the flavor of the vegetables.

He that conquers himself conquers an enemy.

WHOLE MIXED PICKLING SPICES.

Your particular attention is called to Bee Brand Pickling Spices, which for the reason that they are the very finest that can be procured, and are carefully selected and mixed. Contain the finest flavored Spices and Seeds, and is a delightful Relish to all kinds of pickles. Unsurpassed for its piquant, Aromatic and Preserving Qualities.

CUCUMBER MANGOES.

Large, green cucumbers.
Vinegar.
¼ oz. Bee Brand Whole Mace.
¼ oz. Bee Brand Whole Cloves.
1 oz. Bee Brand Whole White Peppers.
1 oz. mustard seed.
½ stick horseradish.
A few cloves of garlic.

Choose large, green, and not too ripe cucumbers, and take a slice cut off each one side, through the centre. Remove all the seeds with a teaspoon, and pound some of these seeds with scraped horseradish, white ginger, mustard seed, white pepper, all these ingredients as fine as possible with the mixture, and replace the strip that was cut off into place with thread. Put them in a preserving kettle, and strongly salt vinegar over them to cover. Next day pour off the vinegar, and add two quarts of fresh vinegar and pour it over the cucumbers. Repeat this twice more at twenty-four hour intervals, and the last time boil up the vinegar with a quarter of an ounce each of mace and cloves, one ounce each of pepper and mustard, and half a stick of horseradish and a few cloves of garlic to each quart of vinegar. Pack the cucumbers in jars, pour the boiling vinegar over them, tie down closely and store. This pickle can also be made in precisely the same way with peaches and lemons and with melons of the kind used for pickling.

PICKLED RED CABBAGE.

1 medium sized red cabbage.
¼ lb. salt.
2 cups vinegar.
1 level teaspoon Bee Brand Ground Red Pepper.

Choose a red cabbage of medium size, remove the outer leaves, quarter the cabbage and cut out the stalk. Shred the cabbage finely, put it in a pan of water and drain it in a colander. Spread it on a large dish or platter, sprinkle the salt over it, and let the cabbage lie for twenty-four hours. Drain it in a colander and put it into a glass jar. Add the red pepper to the vinegar, and shake it well. Pour the vinegar into the jars so as to cover the cabbage, and screw down the tops on the jars and keep them for ten days, when it will be ready for use. This pickle is a particularly bright red color and will keep longer than if prepared with boiled spiced vinegar.

VIRGINIA MIXED PICKLE.

½ peck green tomatoes.
25 medium sized cucumbers
½ peck small onions.
2 large heads cabbage.
1 pt. grated horseradish.
½ teacup Bee Brand Ground Black Pepper.
¼ lb. Bee Brand Ground Mustard.
15 large, white onions.
2 ozs. Bee Brand Turmeric
2 ozs. Bee Brand Ground Cinnamon.
2 ozs. Bee Brand Celery Seed.
2 qts. salt.
1 lb. sugar.
1½ gallons vinegar.

This is an excellent pickle and makes four gallons. Slice the large onions and the tomatoes. Cut the cabbage as for coarse slaw. Quarter the cucumbers lengthwise and cut them in pieces one inch long. Add the small onions whole with the salt and mix thoroughly. Allow to stand for twenty-four hours. Strain off the liquid, put them in vinegar and water, half of each. Allow to stand for a day or two, strain again as dry as possible and add the spices and the vinegar boiling hot. Do this three mornings in succession, using the same vinegar each time. The third morning add the sugar and boil for a minute.

PICKLED CAULIFLOWER.

2 cauliflowers.
1 qt. vinegar.
3 ozs. Bee Brand Whole White Peppers.
½ oz. Bee Brand Whole Mace.
Small piece Bee Brand Whole Ginger.
½ teaspoon powdered alum.

Select firm white cauliflower, cut them into nice branches, par-boil these in a saucepan with boiling water and salt enough to taste it, and to each quart of water add a quarter of a teaspoonful of powdered alum. Bring it to boiling point and then leave them in the water off the boil for five minutes. Lift them up carefully on a sieve, drain off the water and when cold put them in glass jars. Boil the vinegar with all the spices for five minutes and allow it to get cold, then fill up the jars and seal down tightly. A few string beans and four or five capsicums put in the jar with the cauliflower improves the appearance and the taste.

LEMON PICKLE.

Small, even-sized lemons.
1 qt. vinegar.
1 teaspoon Bee Brand Whole Mixed Pickling Spices.

Wash the lemons and peel them very thinly, place them in layers with salt in a jar and leave them for a week or ten days until they are quite soft. To each quart of vinegar allow one tablespoonful of the mixed spices. Cut the lemons into quarters with the required quantity of mixed spices tied up in a piece of muslin, pour over enough boiling vinegar to cover them well. When cold cork the jar tightly, and cover securely. Keep from two to three weeks before using. The lemons should be crisp, almost semi-transparent in appearance, and the vinegar should be quite thick.

EGG PICKLE.

12 hard cooked eggs.
1 oz. Bee Brand Whole Ginger.
1 oz. Bee Brand Whole Allspice.
½ oz. Bee Brand Whole Black Pepper.
Vinegar to cover.
½ oz. Bee Brand Mustard Seed.
2 blades Bee Brand Mace.
4 cloves of garlic.
½ oz. salt.

Boil the eggs quite hard and place them in cold water and remove the shells and place them in a jar. Mix the spices with the vinegar and simmer for half an hour. Strain it over the eggs while quite cold, close the jar tight. It is ready for use in two or three weeks. Flavoring may be varied to suit the taste.

SLAW OR CABBAGE PICKLE.

2 gallons chopped cabbage
½ cup salt.
1 oz. Bee Brand Celery Seed.
1 oz. turmeric.
½ lb Bee Brand Whole Black and White Mustard Seed.
Vinegar to cover,
Sugar to taste.

Sprinkle the salt over the cabbage and let it stand all night, squeeze out dry, and put it in to a kettle, add the spices, sugar and vinegar and boil until the cabbage is tender. Seal in jars and use as wanted.

PICKLED WALNUTS.

1 teaspoon salt
2 ozs. Bee Brand Whole Black Pepper
3 ozs. Bee Brand Whole Ginger
½ oz. Bee Brand Whole Cloves
1 Blade Bee Brand Mace.
4 ozs. Bee Brand Mustard Seed
3 small onions
Vinegar
Brine

The walnuts should be gathered when they can be pierced with a pin easily, or if the shell can be felt at all they are not right for pickling.

Make enough brine to cover them thoroughly, using six ounces salt to each pint of water carefully removing all the scum that rises as the salt dissolves, before laying in the nuts. Let stand three days and mornings.

Change the brine every three days, then on the ninth day strain the walnuts and leave them on dishes exposed to the air till they turn quite black. This they should do in twelve hours at the outside. Pack in glass gallon of vinegar for every hundred walnuts with the onions and spices and let stand three minutes. Put the walnuts into a jar and pour the hot vinegar over them. Cover closely when cold. Be careful to have the walnuts always covered with the vinegar, adding more, when necessary, but always be sure this is hot before adding it to the pickle.

PICKLED MUSHROOMS.

1 qt. Mushrooms.
½ oz. Bee Brand Whole White Pepper.
½ oz. Bee Brand Whole Ginger
Vinegar to cover
1½ teaspoons salt
1 Saltspoon Bee Brand Ground Red Pepper.
1 Blade Bee Brand Whole Mace

Choose young mushrooms for pickling, and rub off the skins [illegible] cut them as salt, and cut off the stalks at very large. Take out the red inside, and reject the black ones as they are too [illegible] Put them into a sauce pan, sprinkle the salt over them, add the spices in the above proportion, shake them over a clear fire until the juice flows, and keep them there until it has all dried up again. Add as much vinegar as will cover them, just allow to simmer for one minute, and store away in stone jars. Cover when cold and keep in a dry place. They are excellent for flavoring stews and other dishes.

PICKLED OYSTERS.

1 hundred good sized oysters
18 Bee Brand Whole Cloves
2 teaspoons Bee Brand Ground Nutmeg
1 teaspoon Bee Brand Whole Allspice
4 blades Bee Brand Whole Mace
¼ teaspoon Bee Brand Ground Red Pepper
1 teaspoon salt
4 tablespoons vinegar

Place the oysters in a porcelain lined kettle, add the spices, vinegar and oyster liquor strained. Stir all through with a wooden spoon. Set over a slow fire. Take up the oysters several times and stir them well. Just as soon as they come to a boil, pour them into a porcelain-lined pan. Let them stand in a cool place. They will be ready to serve the next day.

MELON RIND PICKLE.

10 lbs. melon rind
5 lbs. sugar.
1 gallon white vinegar
1 oz. Bee Brand Whole Cinnamon
1 oz. Bee Brand Whole Ginger.
½ oz. Bee Brand Whole Cloves
Hot alum water

[illegible] melon rind really one inch thick, though very little need be used, peel off the green outside, and cut into slices two or three inches long, place in a crock over night with salt sprinkled between the layers. In the morning rinse off the salt, if too salty, let it stand in cold water until fresh, then let it stand in lime water for one hour, or pour over it hot alum water (one tablespoon of alum to one gallon of water), let it stand for half an hour, and then in clear water one or two hours. Then boil with the sugar, vinegar and spices tied in a muslin bag until the rind is clear and tender but not soft. [illegible] Sweet cucumbers may be pickled in the same manner.

PICKLED PLUMS.

6 lbs. white or red plums
1½ lbs. Sugar
Thinly peeled rind 1 lemon.
2 cups vinegar
¼ oz. Bee Brand Whole Cinnamon
12 Bee Brand Whole Cloves

Wipe the fruit with a clean cloth, scald with very hot water, lift out spoonful, and remove the peel at once. If the plums are to be stoned they must be less ripe and should be stoned before scalding. Boil the sugar, vinegar, cinnamon, cloves and lemon rind together for five minutes, scald the plums, and leave all night in this hot pickle. The pickle must not be allowed to boil during the process. Next morning boil up the pickle between each lot of fruit. When all the fruit has been scalded, again boil up the pickle, then leave the pan at the side off the fire, and put in all the fruit; let it soak in the strongly sweetened, then arrange and pack the jars with the fruit and juice, tying them down while still warm.

Be careful to boil up the liquor every time it begins to look watery. If desired the plums can be preserved in this way without peeling.

INDIAN CHUTNEY.

2 lbs. Sour Apples
½ lb. Brown Sugar
¼ lb. Tomatoes
2 ozs. Shallots
½ oz. Salt
2 lbs. Sultana Raisins
½ lb. Onions
1 oz. Garlic
½ oz. Bee Brand Ground Ginger
½ teaspoon Bee Brand Ground Red Pepper
Juice 1 Lemon
2 cups Vinegar

Peel and core the apples and chop them, put them into a preserving kettle and add the sugar, onions and tomatoes chopped, the strained lemon juice, salt, garlic cut into small pieces, ginger, red pepper, the raisins and vinegar, and boil slowly until they are quite tender; then rub them through a wire sieve, put into clean dry bottles, and cork or tie down tightly.

TOMATO CATSUP.

1 peck Tomatoes
1 tablespoon Bee Brand Whole Black Pepper
1 tablespoon Bee Brand Whole Cloves
1 oz. Salt
1 tablespoon Bee Brand Celery Seed
3 ozs. Bee Brand Ground Mustard
1 oz. Bee Brand Ground Mace

Slice the tomatoes and boil in a preserving pan until they are reduced to a pulp; then rub through a sieve. Strain and add the mustard, salt and mace. Tie up the celery seed, black peppers and cloves in a piece of muslin and add them. Boil this for five hours (at first), stirring it now and again but continuously for the last hour. Pour it into a stone jar and leave it in a cool place for twenty-four hours, remove the celery seed, bottle, seal, and store in a cool, dark place.

CUCUMBER CATSUP.

Large Ripe Cucumbers,
2 tablespoons Finely Grated Horseradish
1 teaspoon salt
1 cup White Vinegar
¼ Teaspoon Bee Brand Ground Red Pepper

Choose large ripe cucumbers, peel, then remove the seeds and grate the flesh. For every pint of this puree take a cup of good vinegar, add the red pepper, salt, and horseradish. Add to the cucumber, then mix it with the other ingredients a little at a time. Bottle and seal down.

GRAPE CATSUP...

5 lbs. Grapes
2 Cups Vinegar
2 lbs. Brown Sugar
1 Tablespoon Bee Brand Ground Cloves
1 Tablespoon Bee Brand Ground Cinnamon
1 Tablespoon Bee Brand Ground Allspice.
1 Tablespoon Bee Brand Ground Black Pepper

Put the grapes into an enamel saucepan with the vinegar, cook until they are well boiled then strain and add the sugar and spices, simmer altogether for one hour. Bottle and seal.

CHAFING DISH COOKERY.

"Oh, I am a festive chafing dish,
I foam, and froth, and bubble,
I sing the song of meat and fish
And save a deal of trouble."

Chafing dish cookery is restricted to certain dishes, and cannot be adapted for all cooking processes, but so long as those dishes are practical one could not wish for a more handy or more convenient cooking apparatus. You may boil, stew, broil and fry on a chafing dish. Provided the right kind of materials are used, bacon is practicable to perform all other cooking processes in a satisfactory manner on a chafing dish.

It is best to place the chafing dish on a tray to prevent any danger of a flaring flame igniting an unprotected table cloth.

The tray, flagon, hot plates, forks and spoons should be placed on the side of the tray.

The hot-water pan must be always used where slow cooking is required for creams, sauces, and rarebits.

For frying, broiling, remove the hot water pan and place the pan near the flame, which is done by raising the lamp on a stand provided for this purpose. Have the lamp filled with good clean oil and the wick trimmed until ready to light. Fill the pan quarter full of water.

In preparing foods, let them be served from the chafing dish on to hot plates, never attempt anything in the line of elaborate garnishing. Neither should an elaborate meal be attempted, especially if only one chafing dish is used. It requires at least two chafing dishes, and sometimes three, to carry out a whole meal successfully.

Near at hand should be a small table containing the materials for preparing the meal.

SCRAMBLED EGGS WITH OYSTERS

1 teaspoon anchovy paste.
Few grains Bee Brand Paprika.
Seasonings of salt and Bee Brand Black Pepper.
1 heaping tablespoon butter.
5 eggs
15 oysters cut in dice.
Fingers of toasted bread.

Mix the butter with anchovy paste. Beat up the eggs, then add seasonings.

Melt the anchovy butter in the chafing dish, when hot pour in the eggs, stir lightly until the mixture begins to thicken, then add oysters.

Serve from the chafing dish, with fingers of toasted bread, buttered and spread with anchovy paste.

KEDGEREE OF FISH.

½ lb. cold boiled fish.
3 ozs. rice.
2 hard cooked eggs.
2 heaping tablespoons butter.
Seasoning of Salt and Bee Brand Black Pepper.
Grating of Bee Brand Nutmeg.
1 tablespoon finely chopped parsley.

Free the fish from skin and bones, and break up into small pieces.

Wash well and boil the rice in plenty of water, when tender strain it.

Remove the shells from the hard boiled eggs, take out the yolks and cut the white into dice.

Melt the butter in the chafing dish, put in the fish, rice and hard boiled whites of eggs. Mix well and add seasonings, then stir over the fire for eight minutes and keep hot.

Dish up neatly in the form of a pyramid. Rub the yolks of eggs through a sieve and decorate the top of the shape with them.

Garnish with the parsley.

BERLIN STEAKS.

½ lb. chopped steak.
Salt and Bee Brand Black Pepper to taste.
2 tablespoons breadcrumbs.
4 tablespoons gravy.
1 beaten egg.
1 teaspoon Bee Brand Onion Extract
1 tablespoon butter.

Mix the chopped steak with the breadcrumbs, salt, pepper, onion extract and beaten eggs. Shape into small flat rounds.

Melt the butter in the blazer of the chafing dish, then fry the rounds on both sides till tender. Then add four tablespoons of gravy, cover the dish and re-heat for five minutes; then serve hot.

CHICKEN OMELET.

Some cold boiled or roast chicken.
Salt and Bee Brand Black Pepper.
Few grains Bee Brand Paprika.
3 tablespoons white sauce.
6 eggs.
1 tablespoon milk.
2 tablespoons butter.
1 tablespoon chopped parsley.

Free the chicken from bone, skin and gristle, then cut into small dice, season to taste and heat up in the white sauce.

Beat up the eggs with the milk and add a little seasoning. Melt the butter in the chafing dish, pour in the egg mixture and stir till the eggs begin to set, then put in the chicken mixture in the centre.

Fold in the sides and shape neatly in oval cushion shape, allow the omelet to take color in the oven, and serve hot.

Still in mutual sufference lies the secret of true living.—
Whittier.

WELSH RAREBIT.

¼ lb. cheese.
1 tablespoon butter.
5 tablespoons ale.
½ teaspoon Bee Brand dry mustard.
Few drops Tabasco sauce.
Seasoning of salt and Bee Brand Black Pepper.
Grating of Bee Brand Nutmeg.
2 yolks of eggs.
Slices of buttered toast.

Chop fine the cheese, put it in a saucepan with all the butter, ale, and seasonings. Stir the mixture till it is quite creamy and free from lumps, then add the yolks of eggs.

Stir a little longer to cook the eggs, then pour over the slices of buttered toast placed on a hot dish and serve at once.

SALTED ALMONDS.

½ lb. almonds.
1 heaping tablespoon of butter or an equal quantity of olive oil.
Salt.

Blanch and rub the skins from the almonds, dry them well after peeling. Melt the butter in the frying-pan. When hot put in the almonds and fry them a light golden brown, stirring constantly.

Drain out all the fat butter from, so that the almonds are perfectly dry, then sprinkle them freely with fine salt.

Continue to stir them on the fire for a few minutes longer, and serve when cold as after-dinner tid-bit.

CAKES AND FILLINGS.

"Dishes alike delightful and digestible."

Though there is no limit to the variety of cakes that can be made, the greater number may be classified under one of three general heads:

1 Pound cakes — As the name implies, the typical pound cake has equal weights of various ingredients, a pound to a pound of butter, sugar, eggs, flour, and fruit. Though this strict proportion is not always followed a pound cake has always a considerable quantity of butter, eggs and sugar. The usual method of mixing is, therefore, to beat the butter and sugar to a cream, then add eggs and flour alternately, beating the mixture well between each addition. Last of all the fruit and flavorings are put in.

2 Plain cakes. These, containing as they do smaller proportions of butter and eggs, are generally mixed by rubbing the shortening into the flour, then the dry ingredients are mixed in and the whole made into a soft paste with beaten eggs and other liquids.

3 Sponge cakes. The chief ingredients of the best quality of sponge cakes are eggs and sugar; flour must be used, but its weight is relatively small. Strictly speaking, a sponge cake contains no butter, and for this reason can be given to invalids and children to whom butter after cooking would be indigestible. The usual method of mixing is to whisk the eggs and sugar till light and creamy, next before cooking, the sifted flour and the flavorings are carefully mixed in.

BOILED ICING OR FROSTING.

3 cups sugar.
1 cup water.
Whites of 3 eggs.
Bee Brand Lemon Extract.

Put the sugar and water into a saucepan and let it boil until it forms a soft ball when tried in cold water. Break the whites of the eggs into a basin and beat them until stiff, then pour the hot syrup over them very slowly, beating them all the time. Continue beating until the icing is of the right consistency to spread on cake. Flavor with the lemon extract.

ROYAL ICING OR FROSTING.

1 lb. confectioners' sugar.
2 whites of eggs.
Juice 1 lemon.

Sift the sugar into a basin. Beat the eggs to a stiff froth. Make a hollow in the center of the sugar, put the eggs into it, and mix them with the sugar, using a wooden spoon, add lemon juice gradually as you mix. Beat the icing until it is quite thick and white. If it is too thin, work in a little more sifted sugar, if too stiff a little extra lemon juice.

OVER

When finished, keep the basin covered with a wet cloth, to prevent a crust from forming on the top. Icing may be tinted any color desired by using Bee Brand Vegetable Colors.

CARAMEL FROSTING.

3 cups sugar.
1 cup cream.
1 heaping tablespoon butter.
½ teaspoon Bee Brand Vanilla Extract.

Put the sugar, cream and butter into a saucepan and boil together without stirring, until when dropped in cold water it is hard enough to be waxy. Add the vanilla. Then set the pan in cold water for a minute, pour the mixture on the cake while still soft enough to spread. It will settle into a smooth surface almost instantly.

ALMOND FILLING.

3 tablespoons ground almonds.
3 tablespoons apricot jam.
1 teaspoon Bee Brand Almond Extract.

Mix well together and use as required. The addition of two tablespoons of whipped cream is an improvement, but, if put in the filling, must be used at once.

CHOCOLATE FILLING.

½ cup grated chocolate.
1 cup brown sugar.
½ tablespoon butter.
¼ cup milk.
2 tablespoons Bee Brand Vanilla Extract.

Cook the milk and chocolate together until thick and creamy, add the sugar, stir till smooth, cook for two minutes, then add the butter, and vanilla extract, and use when slightly cooled.

CREAM FILLING.

1 tablespoon cornstarch.
2 tablespoons sugar.
½ saltspoon salt.
½ tablespoon butter.
1 cup milk.
2 teaspoons Bee Brand Orange Extract.
1 yolk of egg.

Mix the cornstarch with two tablespoons of the milk. Beat up the eggs with two tablespoons of the milk, then add the cornstarch, stir until smooth. Boil up the remainder of the milk, add the cornstarch, stir till boiling, and cook for five minutes, stirring all the time. Add the salt, sugar and butter, remove from the fire, cool a little, add the orange extract and then use.

FRUIT FILLING.

4 tablespoons seeded raisins.
½ cup blanched almonds.
¼ lb. figs.
Whites of 3 eggs.
½ cup sugar.
1 teaspoon Bee Brand Rose Extract.

OVER

Cream butter, add sugar, beat to a cream, add the eggs (beat the whites to a froth), then the sugar and the essence, then mix the flour with the whole and the baking powder. Put in two layer cake tins and bake in a slow oven.

ANGEL CAKE.

1 cup sugar.
1 cup flour.
½ teaspoon cream of tartar.
Whites of 9 large eggs.
1 teaspoon Bee Brand Almond Extract.

Sift the sugar and flour together five times. Beat up the whites of eggs stiffly, then add the cream of tartar sifted to them, and beat till stiff.

Add the sugar and flour and cut and fold the whites in very carefully so as not to break the air cells. Flavor with almond extract. Pour into a tin lined with oiled paper. Bake in a slow oven.

After twenty five minutes the heat may be increased a little. It will require forty or fifty minutes to bake. It is important that the oven should not be jarred while baking. When done, invert to cool. Cover with boiled frosting.

BLACK CAKE.

1 lb. butter.
1 lb. sugar.
1 lb. flour.
10 eggs.
2 lbs. currants.
2 lbs. seeded raisins.
¾ lb. candied citron peel.
1 Bee Brand Nutmeg.
1 tablespoon Bee Brand Ground Cinnamon.
½ teaspoon baking soda.
1 wineglass brandy.
2 wineglasses sherry.

Beat butter and sugar till creamy, beat up the eggs and add them gradually, then add flour, soda, spices, citron cut in small pieces, raisins and currants cleaned, brandy and sherry wine. Mix carefully, turn into a lined and papered tin. Bake in a moderate oven for three hours.

COCOANUT CAKE.

1 cup grated cocoanut.
½ cup butter.
1½ cups sugar.
4 eggs.
½ cup milk.
3 cups flour
3 teaspoons baking powder.
1 teaspoon Bee Brand Lemon Extract.

Beat butter and sugar till creamy, add the eggs well beaten, milk, lemon extract, flour, baking powder and cocoanut. Pour into a buttered and floured cake tin and bake in a moderate oven for three quarters of an hour. If desired this cake may be covered with cocoanut frosting.

LADY BALTIMORE CAKE.

½ cup butter.
½ cup milk.
1 cup sugar.
4 whites of eggs.
2 cups flour.
1 teaspoon baking powder.
1 teaspoon Bee Brand Almond Extract.

Cream the butter and sugar till light and smooth, add milk, flour, baking powder, almond extract, and whites of eggs beaten light. Beat the mixture till smooth. Bake in three layers.

To make the icing—Boil half a cup of water and ten ounces of sugar till it forms a soft ball when tried in cold water, pour over two whites of eggs beaten stiff, beating all the time, add one teaspoon Bee Brand Vanilla Extract, stir in one cup of seeded raisins and one cup of English walnuts cut in quarters. Put this between and over the top and sides of the cakes.

EXCELLENT WHITE CAKE.

7 whites of eggs.
1¾ cups sugar.
3 cups flour.
1 cup milk.
2 teaspoons baking powder.
1 teaspoon Bee Brand Lemon Extract.

Cream butter and sugar together, add milk, flour, baking powder, lemon extract and eggs well beaten. Pour into a buttered and floured cake tin and bake in a moderate oven.

DELICATE CAKE.

1 cup butter.
2 cups sugar
1 cup milk.
4 cups flour.
3 teaspoons baking powder.
6 eggs.
1 teaspoon Bee Brand Raspberry Extract.

Cream the butter and sugar together, add milk, stir in the flour and baking powder, beat smooth, then break in one egg, stir thoroughly, break in the second, and so continue until six are in, beating the batter well after each egg, then add raspberry extract. Pour into buttered and floured cake tin and bake in a moderate oven till ready.

A DELICIOUS CAKE.

1½ cups sugar.
⅔ cup butter.
Whites of 5 eggs.
½ cup cornstarch.
⅔ cup milk.
2½ cups flour.
2 teaspoons baking powder.
1 teaspoon Bee Brand Vanilla Extract.
1 teaspoon Bee Brand Lemon Extract.

OVER

For a large pan this cake should be baked at least four days before it is used. Cream well together one pound of butter and sugar, and whites of eggs beaten to a stiff froth. Stir and beat till light as a foam; then add cornstarch, which has been dissolved in milk. Stir in the flour, baking powder, and extracts. Bake carefully. When cold, cover with boiled frosting.

DEVIL FOOD CAKE.

¼ cup chocolate.
1½ cups sugar.
1½ cups milk.
½ cup butter.
2 eggs and 1 yolk of egg.
2 cups flour.
2 teaspoons Bee Brand Vanilla Extract.
1 teaspoon baking soda.

Put half cup milk in a double boiler. Melt the chocolate and add to it half cup of sugar, and one egg well beaten. When the milk is boiling hot add it. Put back into the boiler and cook for eight minutes. Remove and let it cool.

Cream together the remaining sugar and butter, add one egg and yolk of another and beat for five minutes. Then add the cup of milk with the soda dissolved in it, and then sift in the flour. Lastly add the vanilla and combine the two mixtures. Mix thoroughly and bake in layers. Put together with chocolate filling.

FRUIT CAKE.

2 lbs. currants.
6 ozs. citron peel.
2 lbs. seedless raisins.
¾ lbs. butter.
1 lb. brown sugar.
1 lb. flour.
8 eggs
1 grated nutmeg.
1 tablespoon Bee Brand Ground Cloves.
1 tablespoon Bee Brand Ground Cinnamon.
1 cup black walnut meats.
½ teaspoon salt
1 teaspoon baking soda.
1 teaspoon cream of tartar.

Beat butter and sugar till creamy, then add the eggs well beaten, soda dissolved in a little warm water, flour, cream of tartar, spices, salt, citron cut in small pieces, nuts chopped, and the fruit. Put into a buttered and papered cake pan. Bake slowly for four hours and do not turn out till nearly cold.

GOLDEN SPICE CAKE.

Yolks of 7 eggs.
1 whole egg.
2 cups brown sugar.
1 cup molasses.
1 cup butte
1 large coffee cup sour milk.
1 level teaspoon baking soda.
5 cups flour.
1 teaspoon Bee Brand Ground Cloves.
2 teaspoons Bee Brand Ground Cinnamon.
2 teaspoons Bee Brand Ground Ginger.
1 grated nutmeg.
Pinch of Bee Brand Red Pepper.

OVER

He who is without friends is like a body without a soul.

This cake is nice to make to advantage when you have the yolks of eggs left after using the whites in a big white cake.

Beat eggs, sugar and butter well together, then put in molasses, then add sour milk, soda, spices and flour enough together and bake in moderate oven. If you use the two cups raisins, flour them well and put them in last.

SOFT GINGER CAKE.

1 cup butter.
½ cup brown sugar.
2 cups molasses.
1 cup sour milk.
1 tablespoon Bee Brand Ground Ginger.
1 tablespoon Bee Brand Ground Cinnamon.
3 eggs
4 cups sifted flour.
1 teaspoon soda.
1 tablespoon warm water.

Beat butter and sugar till creamy, then add milk, molasses, ginger and cinnamon. Beat the eggs, then add the eggs, whites and yolks beaten separately, next add the two cups of flour, then the soda dissolved in the water, then add the rest of the flour. Pour into two buttered and papered cake pans. Bake in a moderate oven from forty to sixty minutes.

Sweet milk may be used.

GINGER POUND CAKE.

¾ cup butter.
1 cup sugar.
1 cup molasses.
3 cups flour.
½ teaspoon baking soda.
1 cup milk.
2 eggs.
1 teaspoon Bee Brand Ground Cloves.
1 teaspoon Bee Brand Ground Cinnamon.
1 tablespoon Bee Brand Ground Ginger.

Beat butter and sugar till creamy, then add eggs well beaten, molasses, flour, soda dissolved in milk, and spices. Turn into buttered and floured cake tin and bake in moderate oven for one hour.

GINGER CAKES.

1 cup butter.
2 cups molasses.
1 cup sugar.
1 cup sour milk.
1 teaspoon baking soda.
2 tablespoons Bee Brand Ground Ginger.
1 tablespoon Bee Brand Ground Cinnamon.
Flour.

Beat butter and sugar till creamy, add molasses, sour milk, soda, spices and enough flour to roll out. Cut out rather thick. Lay on greased tins and bake till ready.

The true way of softening one's troubles is to solace those of others.

MARBLE CAKE.

White Part:
- Whites of 4 eggs.
- 1 cup white sugar.
- ½ cup butter.
- ½ cup sweet milk.
- 2 teaspoons baking powder.
- 1 teaspoon Bee Brand Vanilla Extract.
- 2½ cups flour.

Dark Part:
- Yolks of 4 eggs.
- 1 cup brown sugar.
- ½ cup molasses.
- ½ cup butter.
- ½ cup sour milk.
- 1 teaspoon Bee Brand Ground Cloves.
- 1 teaspoon Bee Brand Ground Cinnamon.
- ½ teaspoon Bee Brand Ground Mace.
- 1 grated nutmeg.
- 1 teaspoon baking soda.
- 1½ cups flour.

For white part, beat butter and sugar together, then add milk, flour, baking powder, vanilla extract, and whites stiffly beaten. For dark part, beat butter and sugar, then beat in yolks of eggs, add molasses, sour milk, soda, flour, and spices. Mix well.

Drop a spoonful of each kind in a well buttered and papered cake tin, first the light part, then the dark, alternately. Try to drop it so that the cake shall be well streaked through, so that it has the appearance of marble. Bake for two hours in a moderate oven.

JELLY ROLL.

- 4 eggs.
- 1 cup sugar.
- 2 cups flour.
- 2 teaspoons baking powder.
- 1 teaspoon Bee Brand Rose Extract.
- 4 tablespoons milk.

Beat sugar and eggs for fifteen minutes, remove beater, sift in flour and baking powder, add rose extract and milk. Pour into a buttered and floured long shallow cake tin. Bake in a hot oven for fifteen minutes. Turn out on to a sugared paper, spread over the top with jelly and roll up at once. It must be rolled while warm or it will crack.

POTATO CARAMEL CAKE.

- ⅔ cup butter.
- 2 cups sugar.
- 2 cups flour.
- 1 cup mashed potatoes.
- ½ cup milk.
- 1 cup grated chocolate.
- 1 cup English walnuts chopped fine.
- 4 eggs.
- 2 teaspoons baking powder.
- 1 teaspoon each of Bee Brand Ground Cloves, Cinnamon and Grated Nutmeg.

OVER

Cream butter and sugar, add yolks of eggs well beaten, then add milk, raisins, currants, seedless raisins, spices, flour and baking powder together, the stiffly beaten whites, add nuts last before putting into cake tins. Bake in a moderately hot oven.

NEAPOLITAN CAKE.

Dark Part:
- 4 cups flour.
- 1 cup butter.
- 1 cup sugar.
- Yolks of 6 eggs.
- ¼ lb. seedless raisins.
- ½ lb. currants.
- 1 cup milk.
- Bee Brand spices to taste.
- 1 teaspoon baking powder.

White Part:
- Whites of 4 eggs.
- 3 cups flour.
- 2 cups sugar.
- ½ lb. citron cut finely.
- 1 cup butter.
- 1 cup cream or milk.
- 2 teaspoons baking powder.

Dark part—Cream sugar and butter, add eggs and beat well, sift flour and baking powder, add milk, spices and fruit. Bake in two greased and floured jelly tins till ready.

White part—Cream butter and sugar, add flour, baking powder milk, and citron cut into small pieces. Bake in two jelly pans. Beat whites of two eggs stiff, add half cup powdered sugar, one teaspoon Bee Brand Vanilla Extract and half a cup chopped cocoanut. When layers are cold put this frosting between and over top of cake.

SNOW CAKE.

- 1 lb arrowroot.
- ½ cup sugar.
- 1 cup butter.
- 1 teaspoon Bee Brand Almond Extract.
- 6 whites of eggs.

Beat butter and sugar till creamy, add arrowroot gradually at the same time beating the mixture. Beat the whites of the eggs to a stiff froth, add them to other ingredients and beat well for twenty minutes, add the extract. Pour mixture into buttered mold and bake in moderate oven from one to one and a half hours.

CARAMEL CAKE.

- 2 eggs.
- 1 cup sugar.
- ½ cup butter.
- ½ cup milk.
- 2 cups flour.
- 1 teaspoon baking powder.
- 1 teaspoon Bee Brand Vanilla Extract.

Caramel:
- 1 cup grated chocolate.
- 1 cup brown sugar.
- ½ cup water.

Boil chocolate, sugar and water until it hardens when tried in cold water, pour it over cake and slices while hot, for it will harden too soon.

Beat butter and sugar till creamy, add eggs well beaten, milk, vanilla extract, flour and baking powder. Bake in two buttered and floured jelly pans. Put the caramel in between the layers as desired.

SPICED COFFEE CAKE.

1½ cups sugar.
½ cup butter.
1 cup strong coffee.
Yolks of 6 eggs.
3½ cups flour.
3 teaspoons baking powder.
1 tablespoon Bee Brand Ground Cinnamon.
1 teaspoon Bee Brand Ground Ginger.
1 teaspoon grated nutmeg.
1 cup raisins.

Sift flour into a basin, rub butter finely into it, add sugar, baking powder, raisins cleaned, spices, yolks of eggs beaten, and coffee. Mix well, turn into a buttered and floured loaf pan and bake in a hot oven for one hour.

STRAWBERRY CAKE.

3 eggs.
1 cup flour.
½ cup sugar.
1 teaspoon baking powder.
1 teaspoon Bee Brand Strawberry Extract.

Beat eggs and sugar till light, then sift in flour and baking powder, add strawberry extract and color with Bee Brand Red Coloring. Pour into a buttered and floured cake tin and bake in a moderate oven for half an hour or until the cake begins to shrink from the sides of the tin. This cake mixture may be divided into gem pans.

CUSTARD CAKE.

1¾ cups sugar.
½ cup butter.
½ cup milk.
1 heaping teaspoon cream of tartar.
½ teaspoon baking soda.
Whites of 6 eggs.
3 cups flour.
1 teaspoon Bee Brand Lemon Extract.

Custard:
2 tablespoons cornstarch.
2 cups milk.
½ cup sugar.
1 teaspoon Bee Brand Vanilla Extract.
Yolks of 4 eggs.

Cream sugar and butter, add soda dissolved in milk. Add whites of eggs stiffly beaten, flour and cream of tartar and lemon extract. Bake in moderate oven, in layers like jelly cakes, and when done spread the custard between them.

For the custard: Bring milk to boiling point, add cornstarch mixed with the sugar, adding the egg yolks, vanilla extract and a little cold milk. Cook till thick, stirring all the time, then set aside to cool.

The custard should be made before the cake.

DOLLY VARDEN CAKE.

4 eggs.
2 cups sugar.
½ cup butter.
1 cup milk.
2 teaspoons baking powder.
3 cups flour.
1 cup raisins.
1 teaspoon Bee Brand Vanilla Extract.
1 teaspoon Bee Brand Ground Cinnamon.
1 teaspoon Bee Brand Ground Cloves.
1 teaspoon grated nutmeg.

OVER

Cream butter and sugar, add eggs well beaten, milk, vanilla extract, flour and baking powder, beat all well together. Put half of the mixture into another bowl, add spices and raisins, bake light and dark in separate layer tins, put jelly or icing between each layer.

BLACKBERRY CAKE.

1 cup blackberry jelly.
1½ cup sugar.
½ cup butter.
2 cups flour.
4 eggs.
9 tablespoons sour milk.
½ teaspoon baking soda.
1 teaspoon Bee Brand Ground Cloves.
1 teaspoon Bee Brand Ground Cinnamon.
1 teaspoon Bee Brand Ground Allspice.
1 teaspoon baking powder.

Cream butter and sugar, add blackberry jelly, yolks of eggs well beaten, spices and milk, then sift in flour and baking powder, dissolve soda in a little warm water and add it, lastly fold in beaten whites of eggs. Bake in layers. The cake may be iced if desired.

SUNSHINE CAKE.

5 egg yolks.
6 egg whites.
1 cup sugar.
¾ cup flour.
¼ teaspoon salt.
½ teaspoon cream of tartar.
1 teaspoon lemon juice.
1½ tablespoons orange juice.

Beat yolks of eggs until thick, add sugar, lemon and orange juices and continue beating. Mix and sift flour and cream of tartar three times. Beat egg whites of eggs stiffly, add then alternately with the flour. Bake in an angel cake pan for one hour in a moderate oven.

Frost with yellow icing, flavored with Bee Brand Orange Extract, and decorate with pieces of candied orange peel and leaves cut from angelica.

SILVER CAKE.

Whites 4 eggs.
1 cup cornstarch.
1 cup flour.
1 cup sugar.
½ cup butter.
½ cup milk.
1 teaspoon baking powder.
1 teaspoon Bee Brand Lemon Extract.

Cream butter and sugar, add milk, lemon extract, whites of eggs stiffly beaten, flour, cornstarch and baking powder. Mix well and pour into a buttered and floured cake tin. Bake in moderate oven

ROCHESTER CAKE.

2½ cups sugar.
¾ cup butter.
5 eggs.
4 cups flour.
1 cup milk.
1 cup seedless raisins.
1 grated Bee Brand Nutmeg.
1 tablespoon Bee Brand Ground Cinnamon.
1 teaspoon Bee Brand Lemon Extract.
2 tablespoons yeast powder.

OVER

Cream butter and sugar, add eggs well beaten, milk, yeast powder, lemon extract, flour and raisins. Mix well and put into buttered and paper cake tins. Let it stand for half an hour, then bake in a hot oven till ready.

SPONGE CAKE.

6 eggs.
2 teacups sugar.
2 tablespoons milk.
Pinch salt.
1 teaspoon Bee Brand Vanilla Extract.
2 cups flour.
2 teaspoons baking powder.

Separate whites and yolks of eggs. Beat yolks to a cream, add the sugar, beat together for five to ten minutes, then add milk and vanilla extract. Now add part of the beaten whites then the flour mixed and sifted baking powder, mix gradually the above ingredients, stirring lightly, only long enough to mix well. Lastly add remainder of eggs. Line cake tins with buttered paper, and fill two-thirds full. Bake in a moderate oven for three-quarters of an hour.

WHITE SPONGE CAKE.

Whites of 8 eggs.
1½ cups sugar.
1 cup flour.
1 teaspoon cream of tartar.
2 teaspoons Bee Brand Lemon Extract
Pinch of salt.

Mix together flour, sugar, salt and cream of tartar. Beat up whites of eggs stiffly, add lemon extract and other ingredients. Stir lightly and turn into a buttered and floured cake tin. Bake in moderate oven for three-quarters of an hour.

STRAWBERRY SHORTCAKE.

1 egg.
1 cup sugar.
2 tablespoons butter.
1 teaspoon Bee Brand Strawberry Extract.
Pinch of salt.
2 cups flour.
2 teaspoons baking powder.
1 cup milk

Cream butter and sugar, add egg well beaten, strawberry extract, milk, flour, salt, baking powder, mix well and bake in two round, well buttered tins. When ready put crushed berries between and put whipped and sweetened cream on top. Ornament with ripe strawberries.

MOUNTAIN CAKE.

2 cups sugar.
1 cup butter.
3 cups flour.
1 cup milk.
2 teaspoons cream of tartar.
1 teaspoon baking soda.
6 eggs.
1 teaspoon Bee Brand Orange Extract.

OVER

Cream butter and sugar and add eggs well beaten, then add flour, soda, cream of tartar, orange extract and milk. Mix well, turn into buttered and floured cake tin, and bake in moderate oven. Cover with orange frosting when cold.

BLACK CHOCOLATE CAKE.

½ cake chocolate.
1½ cups milk.
2 cups sugar.
4 eggs.
⅔ cup butter.
2 teaspoons cream of tartar.
1 teaspoon baking soda.
1 teaspoon Bee Brand Vanilla Extract.

Put chocolate into small saucepan, add one cup of the sugar and salt and one of the milk and allow them to come to boiling point. Beat butter and other cup of sugar till creamy, add eggs well beaten, milk, vanilla extract, flour, cream of tartar and soda. Mix and add boiled mixture. Bake in three layers.

CHOCOLATE CAKE.

1 cup flour.
2 heaping tablespoons rice flour.
½ teaspoon baking powder.
¾ cup sugar.
1 cup butter.
6 ozs. chocolate.
4 eggs.
2 tablespoons milk.
1 teaspoon Bee Brand Vanilla Extract.

Dissolve chocolate in milk but do not let it boil, then allow it to cool. Cream butter and sugar together, and beat in the eggs. Add chocolate, flour, rice flour, baking powder, and vanilla. Bake in two buttered shallow round tins for about thirty minutes. When cold, ice with chocolate icing and decorate with chopped pistachio nuts.

SPICE LAYER CAKE.

1 cup butter.
2 cups sugar.
⅔ cup milk.
3 cups flour.
Whites of 7 eggs.
1 teaspoon baking powder.
2 teaspoons Bee Brand Allspice.
2 teaspoons Bee Brand Ground Cinnamon.
1 teaspoon grated nutmeg.
1 cup molasses.

Cream butter and sugar, add milk, flour, baking powder, spices, molasses and whites of eggs well beaten. Bake in layers and fill with caramel filling.

GINGER BREAD.

2 tablespoons butter.
2 cups sugar.
3 eggs.
1 cup hot water.
1 cup sour cream.
1 tablespoon Bee Brand Ground Ginger.
1 tablespoon Bee Brand Ground Cinnamon
1 tablespoon Bee Brand Ground Allspice.
1 teaspoon Bee Brand Lemon Extract.
1 teaspoon baking powder.
1 teaspoon baking soda.
Enough flour to make soft dough

Cream butter and sugar, add beaten eggs, sour cream in which the soda has been dissolved, hot water, flour, baking powder, spices and lemon extract. Pour into a buttered pan, bake for three-quarters of an hour in a moderate oven. This is very nice served hot with butter, or cold with lemon sauce.

SOFT GINGER BREAD.

3½ cups flour.
2 heaping tablespoons sugar.
1 egg.
3 tablespoons melted butter.
1 cup molasses.
1 teaspoon Bee Brand Ground Ginger.
1 teaspoon Bee Brand Ground Cinnamon.
1 cup boiling water.
1 teaspoon soda

Sift flour into basin, add sugar, spices, egg well beaten, butter, molasses, and soda dissolved in boiling water. Beat well, pour into a buttered and floured cake tin. Bake till ready in a steady oven. This is excellent with whipped cream.

SOFT GINGER BREAD NO. 2.

4 eggs.
1 cup sugar.
1 heaping cup butter, melted.
2 cups molasses
1 cup milk
½ cup hot water.
½ teaspoon baking soda.
1 tablespoon Bee Brand Ground Cinnamon.
3 tablespoons Bee Brand Ground Ginger.
4 cups flour.

Sift flour into a basin, add sugar, molasses, eggs well beaten, butter, spices, milk, and soda dissolved in hot water. Mix well. Bake in a moderate oven.

COCOANUT GINGER BREAD.

1 cup molasses.
½ cup boiling water.
Pinch of salt.
½ teaspoon Bee Brand Ground Ginger.
½ teaspoon grated nutmeg.
½ teaspoon baking soda.
1 teaspoon cream of tartar.
2¼ cups flour.
1 teaspoon Bee Brand Vanilla Extract.
¼ cup melted butter.
Some grated cocoanut.

OVER

Mix together the molasses, water and salt, then stir in ginger, and nutmeg, soda, cream of tartar and flour. Beat well. Add the butter and sugar and mix well. Bake in two deep pans. Cover with frosting made of powdered sugar, wet with cream, flavor with the vanilla, and sprinkle with grated cocoanut between the layers and on top.

BEE BRAND GINGER BREAD.

1½ lbs. flour.
½ teaspoon salt.
1 teaspoon soda.
1 tablespoon Bee Brand Ground Ginger.
1 tablespoon Bee Brand Ground Cinnamon.
1 teaspoon Bee Brand Ground Allspice.
1 cup sugar.
1 teaspoon grated Bee Brand Nutmeg.
2 cups molasses.
1 cup milk.
1 cup butter.
4 eggs.
1 cup Sultana raisins.
¼ lb. citron peel.
½ cup ground almonds
1 cup currants.

Melt together in a saucepan the molasses, butter, sugar and milk. Sift flour into a bowl, add salt, soda, spices, citron peel cut fine, almonds and fruit cleaned. Cool the molasses mixture and add it to dry ingredients with eggs well beaten. Mix well, then pour into buttered and floured tin. Bake slowly till ready.

MADEIRA CAKE.

4 cups flour.
10 ounces butter.
10 ounces sugar.
8 eggs.
1 tablespoon baking powder.
2 tablespoons brandy.
1 teaspoon Bee Brand Vanilla Extract.

Beat butter and sugar till creamy, add alternately the flour and yolks of eggs, well beaten, beat ten minutes, add brandy, baking powder, and vanilla, the whites of eggs beaten stiff, pour into tin lined with buttered paper. Bake in moderate oven one and a half hours.

ACCORDING TO MAMMY.

"Dear Mamma," wrote a bride transplanted from a Southern home to the North, "please have Mammy Johnson send me her recipe for hot cakes."

Mammy Johnson had presided in the kitchen for thirty years. With much labor she wrote the recipe. This was it:

"Take as much flour as you need for your family, some milk, put in some salt. Miss Mary, keep away from the pot all the rest of the ingredients and be sure to have your griddle hot."

BREAD AND ROLLS.

"The best of the tables and the best of the fare."

Bread may be made in various ways, by aeration, with baking powder, or, as in many farmhouses, with carbonate of soda and butter milk. Bread raised by yeast is by far the most nourishing generally eaten, and is to be preferred to other kinds both in flavor and digestibility. Yeast is a vegetable organism which lives and grows in the presence of suitable nourishment, in warm and moderate heat; extreme heat kills it.

Salt acts as a check to fermentation and must therefore never be added to the yeast. In the early stages of bread making, it should be thoroughly mixed with the flour, and never dissolved in the yeast liquid. Water, milk, or a mixture of the two is the liquid used in bread.

The quantity required depends upon the nature and dryness of the flour, as some flours require much more liquid than others. The temperature of the liquid is important—it must be lukewarm, never exceeding 98 degrees Fahrenheit at the utmost limit, a safe rule is to take one part boiling water mixed with two parts cold.

Good kneading is necessary, that every grain of flour may be moistened and the yeast evenly distributed through the dough. The more the dough is kneaded the finer and lighter will be the bread, which helps forward the process of fermentation.

Underdone bread is very unwholesome. To judge if properly baked, it is customary to try it in various ways, but all these tests need an accompaniment of experience. If the loaf, on being knocked, sounds hollow it is said to be well baked; if the sound is heavy and dull, it is underdone. A crust that is elastic and springs back under pressure is considered another sign of well baked bread; and there are people who judge entirely by the smell, and others decide by appearance.

BOSTON BROWN BREAD.

1½ pints Indian meal.
1½ pints rye meal.
½ cup molasses.
2½ pints sweet milk.
1 teaspoon salt.
1 teaspoon baking soda.

Mix the meals together. Dissolve the soda in half a cup of the milk, and stir into the rest of the milk; then add salt and molasses. Give these ingredients a thorough mixing and pour upon the mixed meal. Beat well the batter and pour into two well buttered molds, cover with lids. Steam steadily for five hours. Re-steam next morning for breakfast. It is nice toasted afterwards, or boiled in milk and butter.

To think kindly of one another is good, to speak kindly of one another is better, and to act kindly to one another is best of all.

VIRGINIA BROWN BREAD.

1 pint corn meal.
Boiling water.
1 pt. light bread sponge.
1 cup molasses.
Graham flour.

Pour over the corn meal enough boiling water to thoroughly scald, when cool add bread sponge, mix well together, add molasses and graham flour to mould. Will make two loaves. When light, bake in a hot oven one and a half hours.

VIRGINIA CORN BREAD.

2 eggs.
1 pt. sour milk or buttermilk (which is better).
1 cup corn meal.
1 tablespoon melted lard.
Salt to taste.
½ teaspoon baking soda.

Mix the corn meal, salt, soda and melted butter, then add eggs beaten separately and the sour or buttermilk. Pour into a greased baking tin and bake till ready.

GRAHAM BREAD.

Graham flour.
1 teacup wheat flour.
½ teacup molasses.
½ cup good yeast.
1 teaspoon salt
1 pt. warm water.
1 teaspoon baking soda.

To the flour, molasses, yeast, salt and water add sufficient Graham flour to make the dough as stiff as can be stirred with a spoon, work it well with the hands, mix thus at night. In the morning, soda dissolved in a little water, mix well and put into two medium size buttered pans, making them half full.

Let stand in a warm place until it rises to the top of pans, then bake for one hour in a hot oven. They should be covered for about twenty minutes when first put in the oven with buttered brown paper, removed later, which reveals the upper crust darkening before the loaf is well risen.

If these directions are correctly followed, the bread will not be sour or yellow, as this recipe has been tried for years and never failed.

HOMINY BREAD.

2 cups boiled hominy.
1 teaspoon salt.
2 eggs beaten separately.
1 tablespoon butter.
1 pt. milk.

Mix all ingredients together and turn into a buttered tin, bake for twenty minutes in a hot oven. When you want a change, one cup of boiled rice is a nice addition.

RAISIN BREAD.

1 pint sweet milk.
2 yeast cakes.
½ teaspoon salt.
4 tablespoons shortening (half lard, half butter).
4 heaping tablespoons sugar.
2 cups seeded raisins.
¼ cup lukewarm water.
3 cups flour.
1 Bee Brand grated nutmeg.

Scald milk and cool to lukewarm temperature, add yeast cakes dissolved in lukewarm water. Sift salt with flour, beat vigorously until light, and let sponge rise in a warm place. Cream the lard, butter and sugar, dredge the raisins with flour, add the grated nutmeg and add these ingredients to the sponge. Then add sufficient flour to make a soft dough.

Knead thoroughly on floured baking board, then set to rise again in warm place. When light divide into two equal portions, form into loaves, put in buttered bread pans, and when risen to tops of pans bake in hot oven.

Instead of the raisins you can use either currants, chopped citron peel, chopped dates, or chopped figs, using but one kind at a time.

WHITE BREAD.

3 lbs. flour
1 yeast cake
2 pts. lukewarm water.
3 teaspoons salt.

Sift the flour into a warm basin. Draw it to the edges of the bowl, leaving a well in the middle. Dissolve the yeast cake in a cup of the lukewarm water, then add rest of the water, and pour the liquid into the well in your flour. Stir in the flour, beat well, cover with a cloth and set in a warm place, free from draft, to rise.

As soon as it has risen well, stir the sponge down, and add the salt. Knead well and set to rise, adding more flour if necessary. When light make into loaves and set them to rise, and when well risen bake in a hot oven.

GOOD HOUSEHOLD BREAD.

2 lbs. flour.
2 cups lukewarm water and milk.
1 teaspoon salt.
1 yeast cake.

Sift the flour and salt into a basin. Mix the yeast cake with the water, and pour it into the center of the basin containing the flour. Knead it up well together, as fast as it gets stiff, add more water, a little at a time, cover the basin with a cloth, and let it stand in a warm place to rise for one and a half hours, then knead it lightly and form into loaves, put in buttered pans, allow to rise to top of pans. Bake in hot oven for one hour.

The secrets God keeps must be as good as those He tells.—
George MacDonald

BAKING POWDER BISCUITS.

2 cups flour.
2 heaping tablespoons butter
1 cup milk.
½ teaspoon salt.
2 heaping teaspoons baking powder.

Sift the flour baking powder and salt twice. Rub in the butter with the tips of the fingers. Add gradually the milk, mixing with a knife until it is a soft dough. Toss on a floured baking board, roll lightly to one inch in thickness. Cut into shapes and bake in a hot oven for fifteen minutes.

SODA BISCUITS.

1 qt. sifted flour.
1 teaspoon baking soda.
2 teaspoons Bee Brand Cream of Tartar.
1 teaspoon salt.
2 heaping tablespoons butter.
Milk.

Sift flour, soda, cream of tartar and salt into a basin, rub in the butter and add sufficient milk to make a soft dough. Roll out and cut into shape. Bake in a hot oven.

SWEET POTATO BISCUITS.

1 yeast cake.
2 cups milk.
Pinch of salt.
Flour.
2 eggs.
1 heaping tablespoon butter.
1 heaping tablespoon lard.
1 tablespoon sugar.
2 medium sized sweet potatoes.

Dissolve the yeast cake in lukewarm water, add the milk, salt and enough flour to make a sponge. When well risen add butter, lard, sugar and sweet potatoes boiled and rubbed through a sieve, eggs well beaten, and flour enough to make a soft dough. Let it rise. When risen, roll and cut into shapes. Put into greased pans, and let rise again and bake.

SOUR CREAM MUFFINS.

3 cups sifted flour.
2 rounding teaspoons baking powder.
¾ teaspoon salt.
3 tablespoons butter.
1 cup sour cream.
½ teaspoon baking soda.

Sift the flour, baking powder, and salt together three times. Rub the butter in with the tips of the fingers. Stir the soda into the cream and then add to the dry ingredients, mixing them to a dough.

Turn out on a floured board, knead slightly, roll out to sheet, cut into rounds and bake in a hot oven.

BREAKFAST MUFFINS.

¼ cup butter.
2 eggs.
1½ cups milk.
4 cups flour.
3 heaping teaspoons baking powder.
Pinch of salt.
½ cup sugar.

Cream the butter and sugar, then add the eggs well beaten. Sift the flour, salt and baking powder together thoroughly and add to the first mixture alternately with the milk. Divide into buttered and floured gem pans in a hot oven for thirty minutes.

SALLY LUNN.

4 cups flour.
½ teaspoon salt.
1 yeast cake.
2 tablespoons sugar.
2 tablespoons butter.
1 cup milk.
1 egg.

Sift the flour into a warm bowl, add the salt. Mix the yeast cake with the sugar. Melt the butter with the milk, just warm enough to melt the butter, and add them to the flour with the egg well beaten, mix well with a knife.

Knead a little on a floured baking board, make into two smooth rounds, lay them on a well buttered tin. Allow to rise for one hour in a warm place. Prick them with a fork and bake in a hot oven for twenty minutes.

GRAHAM GEMS.

2 cups Graham flour.
1 cup wheat flour.
2 teaspoons baking powder.
1 tablespoon sugar.
1 teaspoon salt.
1 well beaten egg.
Sweet milk.

Mix the dry ingredients with sufficient sweet milk to make a thin batter. Add the well beaten egg. Fill the buttered gem pans two thirds full with the mixture. Bake in a hot oven from fifteen to twenty minutes.

CHOCOLATE WAFERS.

1 cup molasses.
½ cup butter.
1 cup sugar.
½ cup lard.
½ cup grated chocolate.
1 teaspoon soda.
1 teaspoon Bee Brand Vanilla Extract.
Flour.

Mix together the molasses, sugar, butter, lard, chocolate, soda, vanilla extract, and flour to make a stiff dough. Form into balls about the size of a walnut, press slightly flatten, place well apart on baking sheets. Bake in a moderate oven.

GINGER SNAPS.

1 cup molasses.
1 cup sugar.
1 cup equal parts butter and lard.
½ teaspoon baking soda.
2 teaspoons Bee Brand Ground Ginger.
Flour to make stiff dough.

Take the molasses, sugar, butter, lard, soda, ginger and flour to make stiff dough. Form into balls about the size of a walnut, place on a greased baking tin, give plenty of room to spread and bake in a moderate oven.

BEATEN BISCUITS.

1 qt. flour.
1 teaspoon salt.
1 tablespoon butter.
1 tablespoon lard.
1 cup milk
1 cup water.

Work the dough a little then beat with an iron pestle or rolling pin for half an hour or blisters will not rise, roll the dough out and cut out, stick them with a fork and bake in a moderate oven for twenty minutes.

POCKETBOOK ROLLS.

1 cup milk.
1 teaspoon salt.
2 tablespoons butter.
1 yeast cake.
Flour.
¼ cup tepid water.

Scald the milk and add the salt and butter, when lukewarm add yeast cake dissolved in tepid water and add enough flour to make a dough. Knead thoroughly, cover and let stand in a warm place for one hour.

Roll into a sheet, cut out with a round cutter, brush one half with melted butter, fold over the other half. Place on a greased baking tin, let stand in a warm place, brush over with beaten egg and bake in a hot oven for twenty minutes.

VANILLA WAFERS

2¼ cups flour.
1 egg well beaten.
¼ cup milk.
¼ teaspoon salt.
2 teaspoons Bee Brand Vanilla Extract.
⅓ cup butter.
¾ cup sugar.
1 teaspoon baking powder.

Cream the butter and sugar, add egg well beaten, milk and vanilla extract. Sift together thoroughly the flour, baking powder and salt, and add. Chill, roll on a floured baking board as thin as possible, using a small part of the dough at a time. Cut into shape and bake in a moderate oven.

[illegible] a borrowing, goes a-sorrowing.

CORN MEAL GEMS.

1 cup corn meal.
1 cup flour.
¼ cup sugar.
3 tablespoons butter.
¼ teaspoon salt.
2 eggs.
1 cup milk.
3 heaping teaspoons baking powder.

Cream butter and sugar, add yolks well beaten, flour, corn meal, baking powder, salt, milk, and stiffly beaten whites of eggs, mixed well together. Bake in buttered and floured gem pans in a hot oven for thirty minutes.

DOUGHNUTS.

2 cups flour.
3 tablespoons butter.
1 cup milk.
¼ teaspoon Bee Brand Ground Nutmeg.
½ teaspoon salt.
¼ teaspoon Bee Brand Ground Cinnamon.
¾ cup sugar.
2 teaspoons baking powder.

Cream butter and sugar, add eggs well beaten, then milk. Sift together the flour, baking powder, salt, cinnamon, nutmeg, and mix to a stiff dough with enough flour to handle, having the dough as soft as possible. Toss on a floured board, knead lightly, roll out and cut. Fry in smoking hot, deep fat to a golden color, drain on brown paper and serve sprinkled with sugar.

POTATO DOUGHNUTS.

1 cup mashed potatoes.
2 cups sugar.
1 cup milk.
2 eggs.
1 heaping tablespoon butter.
4 teaspoons baking powder.
Flour.
½ grated nutmeg.
¼ teaspoon Bee Brand Ginger Extract.

Mix all the ingredients, let stand after cutting out for thirty minutes. Fry in plenty of smoking hot fat. They will not soak up the grease.

CINNAMON ROLLS.

Bread batter.
2 eggs.
2 cups sugar.
1 cup butter.
½ cup melted butter.
Flour to make stiff batter.
2 tablespoons Bee Brand Ground Cinnamon.
1½ cups chopped raisins.

To the bread batter add the eggs well beaten with one cup of the sugar, butter, and enough flour to make stiff. Let rise for two hours in a warm place.

OVER

Roll out to one-third of an inch thick, spread with half of the melted butter, half cup of the sugar, one tablespoon of Bee Brand Ground Cinnamon and the raisins, roll up like a jelly roll, and cut off slices a little less than an inch thick.

Before putting into the oven spread with the remainder of the butter, sugar and cinnamon. Bake in a hot oven.

CINNAMON ROLLS.

2 cups flour.
1 cup milk.
1¼ cups sugar.
4 heaping tablespoons butter.
½ yeast cake.
1 cup currants.
2 tablespoons warm water.
3 eggs.
1 tablespoon Bee Brand Ground Cinnamon.

Scald the milk, while hot add a quarter of a cup of the sugar and two tablespoons of the butter. Cool to lukewarm, then add the yeast cake dissolved in the warm water, and the eggs well beaten. Now add the flour. It should be soft and elastic, knead well and allow it to rise until it has doubled in bulk.

Roll out into a sheet, spread with the remaining butter, then cover with the rest of the sugar. Dust lightly with Bee Brand Cinnamon, sprinkle with the currants, and roll up into a large roll. Cut into biscuits about an inch and a half long and stand up endwise in small round buttered pans. Cover and allow to rise for an hour and a half, then bake till ready in a moderate oven.

DUTCH POIFFET.

2 cups milk.
3 eggs.
1 cup butter or lard.
1 level teaspoon soda.
Flour to make stiff batter.
½ cup or 1 yeast cake.
¼ cup butter.

Mix well and when light bake in tins to cover. Good for tea.

CRULLERS.

¼ cup butter.
2 eggs.
¾ cup sugar.
1 cup milk.
¼ teaspoon Bee Brand Grated Nutmeg.
3 heaping teaspoons baking powder.
4 cups flour.

Cream butter and sugar, add eggs well beaten. Sift together the flour, nutmeg and baking powder and add alternately with the milk to last of flour. Less will be used, roll thin, and cut in pieces three inches long by two inches wide, make four inch gashes at equal intervals. Fry in smoking hot fat. Take from a skewer, dredge with powdered sugar mixed with just enough Bee Brand Cinnamon to give flavor.

Always keep Iron Glue in the house. It mends everything except broken promises.

PASTRIES AND PIES.

"Where girls are wooed for the pies they make,
Where women are loved for the pies they bake,
And the husbandman prays when he comes to die,
He will go to a heaven where all is pie."

Pies are one of the few specially national American dishes.

Use a pie plate of ware or tinware. Roll out a piece of paste [illegible] the pie plate. Lay the paste in the plate so as to exclude the air from underneath. To prevent the juice soaking through the crust, [illegible] and moisten the edges with the white of egg, slightly beaten. Fill the plate with fruit. Wet the edges of the under crust with a little cold water and spread a second round of paste, cut a little larger than the pie plate, lay over the fruit, press the edges both together, and trim if required. Cut several slits in the top crust before putting in the fruit, as this prevents the steam from escaping, forces the rim of the pie, and causing the juices to run out at the edges.

[illegible] pies have been called indigestible, but properly made pies are as digestible as anything else.

Some pies, such as pumpkin and squash, require only an under-crust. Sometimes the crust is baked and then filled with a cooked filling.

PLAIN PIE CRUST.

4 cups flour.
¾ cup butter or lard.
1 teaspoon salt.
1 teaspoon sugar.
Cold water.

Sift the flour into a basin, rub the butter or lard finely into it, add the salt and sugar, [illegible] Sufficient for [illegible] the top crust.

A RICHER CRUST.

2 heaping cups flour.
1 heaping teaspoon baking powder.
1 cup butter.
Saltspoon of salt.
Cold water.

Mix together the flour, salt and baking powder. Rub in the butter with the tips of the fingers. When the mixture is as fine as [illegible] set aside [illegible] a cup, and to the remainder add cold water gradually to make a stiff [illegible] strip.

OVER

Sprinkle board with half of the reserved mixture and roll as before to make three layers. Turn dough over and with the open end toward you, roll again into a strip, sprinkle with the remaining mixture and fold as before. Roll and fold twice more, and the paste is ready for use.

CURRANT PIE.

1 cup currants.
1 cup sugar.
2 tablespoons butter.
3 eggs
2 tablespoons water.
2 tablespoons flour.
1 teaspoon Bee Brand Rose Extract.

Wash the currants with half a cup of the sugar. Beat the butter and remainder of sugar till creamy, then beat in the yolks of the eggs, add the flour, water, washed currants, and rose extract. Turn into a pie plate lined with pastry and bake till ready in a hot oven.

When done cool slightly and cover with meringue made with the stiffly beaten whites of the eggs and two tablespoons of sugar. Return to the oven till the meringue is a pale brown color.

PUMPKIN PIE.

2 cups cooked pumpkin.
½ teaspoon salt.
⅔ cup sugar.
2 tablespoons melted butter.
2 eggs.
2 cups milk.
¼ teaspoon Bee Brand Ground Allspice.
½ teaspoon Bee Brand Ground Cinnamon.
½ teaspoon Bee Brand Ground Nutmeg.

Mix the sugar, salt and spices together and beat into the cooked pumpkin. Add the butter, milk, and the eggs well beaten. There should be just enough milk to add to make the quantity, usually two cups. Line the pie plate with crust, pour in the filling and bake slowly, taking care that the heat is not too intense at first lest the pie boil. Sprinkle a little cinnamon on the pie, before putting in the oven.

LEMON MERINGUE PIE.

2 lemons.
3 eggs.
1 cup sugar.
1 cup milk.
1 heaping tablespoon cornstarch.
½ teaspoon Bee Brand Lemon Extract.

Beat the yolks of eggs and sugar together, then add the grated rind of one lemon and the strained juice of two lemons. Mix the cornstarch with a little cold water to a smooth paste, stir into the mixture and bake in a moderate oven forty minutes. Beat the whites of the eggs until stiff, add four tablespoons of sugar and the lemon extract. Put on the pie and rose tube on top of pie. Brown lightly in the oven.

GREEN APPLE PIE.

Tart apples.
3 tablespoons sugar.
1 teaspoon Bee Brand Ground Cinnamon.
1 teaspoon flour.
2 tablespoons water.
1 tablespoon butter.

Peel, core and slice tart apples enough for a pie, put them in a pastry lined pie plate, sprinkle over the sugar, cinnamon, flour, salt and butter cut into small pieces. Cover with a top crust and bake in a hot oven for half an hour.

CHEESE CAKE PIE.

6 yolks of eggs.
2 tablespoons corn meal.
1 tablespoon flour.
1 tablespoon vinegar.
2 cups sugar.
1 cup butter.
1 teaspoon Bee Brand Orange Extract.

Beat butter and sugar till creamy, add yolks of eggs, orange extract, meal, flour and vinegar. Mix well, put in a pie crust and bake till ready in a moderately hot oven.

SWEET POTATO PIE.

2 cups. potatoes (boiled and mashed).
2 cups milk.
3 eggs.
1½ cups sugar.
1 teaspoon Bee Brand Lemon Extract.

Mix all together carefully. Let the pie crust slightly brown before putting in the filling. Bake in a moderate oven.

MOLASSES PIE.

½ cup molasses.
1 tablespoon brown sugar.
Soda size of a pea.
1 tablespoon flour.
1 tablespoon cream.
½ teaspoon Bee Brand Vanilla Extract.

Mix and cook until smooth and thick. Pour into a crust. Bake, then place in the oven long enough to brown nicely.

COCOANUT PIE.

2 cups milk.
1 cup dessicated cocoanut.
¼ teaspoon salt.
1 tablespoon butter.
1 teaspoon Bee Brand Almond Extract.
Grated rind and strained juice 1 lemon.
2 eggs.
¾ cup sugar.
2 heaping tablespoons cornstarch.

Put the cornstarch into a basin, add the milk, eggs well beaten, and the other ingredients. Turn into pie plate lined with crust. Bake in a moderate oven till firm.

MINCEMEAT PIE.

6 lbs. beef tongue.
6 lbs. round of beef.
5 lbs. beef suet.
5 lbs. stoned raisins.
3 lbs. currants.
1½ lbs. citron peel.
9 lbs. sugar.
1½ pts. molasses.
2 qts. liquor in which meat was boiled.
1 qt. brandy.
1 pt. white wine.
1 cup salt.
½ cup Bee Brand Cinnamon.
¼ cup Bee Brand Ground Cloves.
¼ cup Bee Brand Ground Allspice.
½ cup Bee Brand Ground Nutmegs.
1 tablespoon Bee Brand Ground Mace.

Simmer the beef tongue and round of beef till really. After skinning the tongue chop it and the beef very finely, add the suet chopped with all the other ingredients. Allow to stand in a large saucepan over night. Put what you wish to bake in another pan with half as much stewed and sweetened apples as you have meat and let it stand one hour. Put the remainder of the meat in a jar, cover with a paper dipped in brandy, then cover tightly to exclude the air. Set in a cool place for future use.

Truth crushed to earth, shall rise again.
—Bryant.

GELATINE RECIPES.

"A Dish That I Do Love to Feed Upon."

Few housekeepers realize the possibilities of gelatine, what a number of easily prepared, delicious, and digestible desserts may be made from it. These may be divided into three classes, the sweet and savory jellies, the sponges made with eggs, and the various creams.

APPLE JELLY.

1 Box Bee Brand Gelatine
1 lb. Apples (Weighed After Peeling)
3 Heaping Tablespoons Sugar
1½ Cups Water
Grated Rind 1 Lemon
Few Drops Bee Brand Red Coloring
1 Cup Whipped Cream
Few Chopped Nuts

Peel, core and slice the apples and then weigh them. Put them in a saucepan with one cupful of water, the lemon rind and the sugar. Stew until reduced to a pulp, and then rub through a sieve. Dissolve the gelatine in the remainder of the water, and strain it into the apple pulp. Color part of this apple jelly pink with a few drops of Bee Brand Red Coloring and fill a wet border mold with alternate layers of yellow and pink, always allowing one layer to set before pouring in another. When quite cold set in a cool place until firm. Turn out when wanted, and fill the center with the cream, whipped and sweetened. Decorate with a few chopped nuts.

PORT WINE JELLY.

1 Box Bee Brand Gelatine
1 Cup Water
Rind and Juice 1 Lemon
½ Cup Sugar
1 Tablespoon Red Currant Jelly
1 Cup Port Wine
1 Inch Bee Brand Cinnamon Stick
3 Bee Brand Whole Cloves
Few Drops Bee Brand Red Coloring

Put into a saucepan the water, sugar, red currant jelly, cinnamon, cloves, the rind and the gelatine, peeled, grated lemon rind and strained lemon juice. Stir over the fire until the gelatine is completely dissolved. Simmer for a few minutes, add the wine. Do not allow to boil after wine is added. Strain, add the red coloring and turn into several small molds that have been rinsed out with cold water or into a large one. Set in a cool place until firm. Turn out when required, and if wished, decorate with whipped and sweetened cream.

It is faith in something and enthusiasm for something, that makes a life worth looking at.—Holmes.

CIDER JELLY.

1 Box Bee Brand Gelatine
½ Cup Boiling Water
6 Cups Cider
2 Cups Sugar
Strained Juice 1 Lemon

Put the gelatine into a saucepan, add the sugar, water and cider, bring to the boil, and boil for 2 minutes. Strain, add the juice of the lemon. Turn into wet molds and set on ice to harden.

CHOCOLATE PUDDING.

1 Heaping Tablespoon Bee Brand Gelatine
2 ozs. Chocolate
1½ Cups Milk
2 Egg Yolks
2 Tablespoons Sugar
½ Teaspoon Bee Brand Vanilla Extract
A Little Chopped Cocoanut

Break the chocolate in small pieces, and put it into a saucepan with the cup of milk. Dissolve slowly over the fire and cook until smooth. Then remove the saucepan from the fire and add to the remainder of the milk, the gelatine, sugar, and the yolks of eggs. Stir again over the fire until the gelatine is dissolved. Strain into a basin, add the vanilla extract, and pour into a wet mold. Turn out when required, and decorate with the cocoanut.

COCOANUT DAINTY.

½ Box Bee Brand Gelatine
1 Cup Milk
1 Cup Sugar
2 Cups chopped Cocoanut
1 Teaspoon Bee Brand Vanilla Extract
2 Cups Whipped Cream

Dissolve the Gelatine, the sugar and milk together. Strain, and when cold add the vanilla, cocoanut and whipped cream. Pour into a wet mold and turn out when cold. Serve with milk or custard.

RHUBARB MOLD.

1 Heaping Tablespoon Bee Brand Gelatine to Each Cup Liquid
6 Tablespoons Sugar.
½ Cup Water
A Little Bee Brand Red Coloring
Custard Sauce
1 lb. Rhubarb

Wipe the rhubarb but do not peel it. Put it into a saucepan with the water and sugar, and cook slowly until reduced to a pulp. Then rub it through a sieve. Measure the liquid, and to each cupful allow one heaping teaspoonful of Gelatine. Put it to soak in a little cold water, and when the rhubarb is done Strain into a basin, add few drops of red coloring, and let it cool slightly. Pour into a wet mold, and set aside to cool. When firm turn out and serve with custard sauce poured round.

We live in deeds, not in years; in thought, not in breaths.
—Bailey.

MOCHA PUDDING.

1½ Tablespoons Bee Brand Gelatine
2 Cups Milk
3 Tablespoons Cream
3 Tablespoons Sugar
1 Cup Strong Coffee

Dissolve the Gelatine in the coffee, add the sugar and milk. Strain into a basin. When cool stir in the cream, and pour into a wet mold. Turn out when set. Serve with milk.

DUTCH FLUMMERY.

1 Heaping Tablespoon Bee Brand Gelatine
½ Cup Boiling Water
Yolks 4 Eggs
½ Cup Sherry Wine
Juice 1 Lemon

Dissolve the Gelatine with the boiling water in a small saucepan, add the yolks of eggs and the wine beaten together then add the juice of the lemon stir over the fire till it thickens it must not boil, then strain into a basin, and stir until almost cold and settled, then turn into a wet mold.

PINEAPPLE DESSERT.

2 Heaping Tablespoons Bee Brand Gelatine
1 Cup Grated Pineapple, (Canned).
1 Cup Water (Boiling)
4 Whites of Eggs
4 Tablespoons Sugar.

Dissolve the Gelatine with the water, add the sugar and pineapple. Beat up the whites of eggs to a stiff froth, then gradually beat in the pineapple mixture beating all the time. When beginning to set pour into a wet mold. Turn out and serve with cream.

MELON SHERBET.

1 Tablespoon Bee Brand Gelatine
1 Qt. Water
2 Cups Sugar
Juice 3 Lemons
Pulp 1 Water Melon
1 Cup Whipped Cream
Few Drops Bee Brand Red Coloring

Rub the melon pulp through a sieve, rejecting the seeds. Boil the sugar and water together for eight minutes, then dissolve the gelatine in it. When cold add the lemon juice and red coloring. Freeze partly frozen and the whipped cream and finish the freezing. Serve in the melon shells.

He most lives who thinks most, feels the noblest, acts the best.
—Bailey.

JAUNE MANGE.

2 Heaping Tablespoons Bee Brand Gelatine
1 Cup Boiling Water
Strained Juice 2 Oranges
4 Tablespoons Sherry Wine
Beaten Yolks of 4 Eggs
½ Cup Sugar

Dissolve the Gelatine in the water, then add the other ingredients, stir till it thickens, then strain into a wet mold and set away to firm. Turn out when required.

RICE PUDDING.

½ Tablespoon Bee Brand Gelatine
3 Tablespoons Sugar
½ Cup Orange Jelly
½ Teaspoon Bee Brand Vanilla Extract
1 Cup Cream
2 Pts Milk
1 Cup Rice
½ Cup Boiling Water
A Few Preserved Cherries.

Coat the inside of a wet mold with a thin layer of the orange jelly and decorate with slices of the cherries. Cook the rice till tender in the milk. When it has absorbed all the milk turn it into a basin and allow it to cool. Now add the Gelatine dissolved in the water, the cream, sugar, and Vanilla extract. Stir well and pour into the decorated mold. Turn out when set and serve with any kind of stewed fruit.

CANDIES.

"Sweets to the sweet."

The wholesomeness of home-made candies as compared with the confectionery sold in the stores is a question that does not admit of argument. The difference in cost between home-made and bought candy is so great that it is well worth while practising and making at home, particularly as it is an occupation which has a value as an instruction for children, and is one which may be turned to profitable account by the elder ones.

The boiling of sugar for confectionery is a delicate matter, a degree more or less, which exerts its mysteries, will make or mar the whole quality, and the successful candies are those which are clear and dry.

The choice of materials is an important one, and we cannot expect to have good results if we use inferior ingredients. Use the best quality of granulated sugar as a rule for all sweets except where the lighter or lump sugar is specified. Brown sugar consists of the coarser part of the sugar, and is suitable for some kinds of candy. It is also used to give variety to the flavor of molasses candy.

Glucose or starch sugar is a material to which there is much objection, and which is unnecessary in home candy making. It is used to prevent the sugar from granulating during boiling. Used in small quantities, it is quite wholesome and pleasant to taste, and, being less sweet than sugar, is useful to prevent excessive sweetness.

Cream of tartar may take the place of glucose in some recipes, as it also tends to prevent granulation.

CREAM ALMONDS.

Some blanched almonds.
2½ cups sugar.
½ cup water.
½ teaspoon Bee Brand Almond Extract.

Boil sugar and water four minutes, then beat until cool enough to handle, adding the almond extract. Mold over blanched almonds and roll in coarse sugar.

WALNUT CANDY.

Walnuts.
5 cups granulated sugar.
7 teaspoons water.
2 tablespoons vinegar.
1 tablespoon butter.
½ teaspoon Bee Brand Rose Extract.

English walnut candy is particularly fine. Boil without stirring all the ingredients except the Rose Extract, until it crisps when tried in cold water, then remove to cool part of the stove and add the rose extract. When the mixture is still hot, dip each walnut in and lay on buttered pans to cool.

CANDY FILLED DATES.

1 lb. best dates (remove stones from each).
Blanch ½ lb. almonds.

Put one almond in each date, roll each date in pulverized sugar. Serve in bon bon cups.

Dates can also be filled with chopped English walnut meats.

The sugar can be rolled in a little Bee Brand Rose Pink Coloring then the dates rolled in it.

BUTTER SCOTCH.

1 lb. light brown sugar.
1 scant cup water.
2 tablespoons vinegar.
¼ lb. butter.
1 teaspoon Bee Brand Vanilla or Lemon Extract

Boil together ten minutes the sugar, water and vinegar then add the butter and boil rapidly until the candy threads when dropped into cold water.

Add the vanilla or lemon extract and pour immediately into greased pans, when nearly cold mark off into inch squares.

When cold and hard, break the squares and wrap each one in waxed paper.

CHOCOLATE CARAMELS.

1 cake good chocolate.
3 lbs. light brown sugar.
3 ozs. butter.
1 cup milk.
1 teaspoon Bee Brand Vanilla Extract.

Put all the ingredients but the vanilla extract, and when the mixture comes to boiling point let it cook ten minutes. Remove from the fire, add the vanilla and beat for four minutes, pour into greased pans and cut into squares when cool.

Chopped nut meats may be added if desired.

CHOCOLATE CANDY.

1 lb. brown sugar.
Butter size of a walnut.
2 ozs. Baker's chocolate.
1 gill of milk.
1½ teaspoon Bee Brand Vanilla Extract.

Boil all the ingredients for twelve minutes, add the vanilla extract and beat six minutes, pour into a buttered tin. When cool mark off into squares of the desired size, and when cold cut.

To make colored candy use granulated sugar instead of brown sugar, omit chocolate, color with Bee Brand Vegetable Compound Paste Colors, and flavor with Bee Brand Extracts.

CHOCOLATE FUDGE.

2 cups sugar.
⅓ cup milk.
1 tablespoon butter.
2 squares grated chocolate or 3 tablespoons cocoa.
1 teaspoon Bee Brand Vanilla Extract.

Cream the butter and sugar, add the milk, put over the fire, and when it comes to a boil, stir in the chocolate or cocoa, then add flavoring.

Stir after removing from fire until it begins to grain, then pour into a buttered dish and mark off into squares.

LEMON CANDY.

1 lb. sugar.
1 cup water.
2 tablespoons hot vinegar.
2 teaspoons Bee Brand Lemon Extract.
Chopped nuts if desired.
Little Bee Brand Yellow Coloring.

Boil the sugar and water slowly for half an hour, adding the vinegar. Test by dropping into cold water, and when brittle add lemon extract and coloring. Pour into buttered tins.

Any kind of chopped nuts may be added.

RUSSIAN TAFFY.

½ lb. granulated sugar.
¼ lb. sweet butter.
1 tablespoon golden syrup.
1 teacup cold water.
1 can condensed milk
1 teaspoon Bee Brand Peach Extract.
1 teaspoon Bee Brand Rose Extract.

Mix all the ingredients in a saucepan except the condensed milk and extracts. When boiling add the condensed milk, which should be set on the range to dissolve. Boil for three quarters of an hour stirring all the time. Then add peach and rose extract to flavor and put into buttered tins and when cold mark off in neat squares.

COCOANUT SQUARES.

1¾ ozs. chopped cocoanut.
2 cups sugar.
1¼ cups water.
2 heaping tablespoons Bee Brand Powdered Gelatine.
A little confectioner's sugar.
Strained juice of ½ an orange.
1 teaspoon Bee Brand Pineapple Extract.
A little Bee Brand Green Coloring.

Put the gelatine into a small saucepan, add the water, sugar, bring slowly to the boiling point, then boil very gently for about ten minutes, stirring occasionally.

Remove from the fire, add orange juice and pineapple extract, then add coloring. Pour into a wet tin and set in a cool place to firm. Cut into neat squares, roll in confectioner's sugar mixed with a little cornstarch.

ICE CREAM.

"One sip will bathe the drooping spirit in delight beyond the bliss of dreams."

First see that your can is scalded and that traces of brine have been removed.

Place the custard or other mixture in the can, and place the can in the freezer pail, after which adjust the mechanism and later it down. The can should never be more than two-thirds full.

Turn the freezer for a few minutes with a rapid motion, keeping plenty of ice and salt around the can. When frozen, take the dasher out, put a cork in the opening of the cover, draw off the water and repack the freezer with ice and salt. Cover the freezer with a piece of carpet and set away in a cool place till wanted.

Too much sugar will prevent the ice cream from freezing properly. Too little sugar will cause the ice cream to freeze hard and rocky.

If the ices are to be moulded, freeze them in the freezer to the consistency of a thick batter before putting them into moulds. Rinse the moulds in cold water then fill quickly with the cream, fill every part of the moulds, pressing down with a spoon. Lay a piece of wax paper over the cream, large enough to protect beyond the edges when the lid is on, then cover the mould with ice and salt.

Use four parts ice to one part salt. All will stand for an hour or more.

Always use Bee Brand Colorings for tinting your ices.

PLAIN SYRUP.

4 to 6 lbs. granulated sugar
6 pints of water.
1 oz. Bee Brand Extracts
Bee Brand Colorings.

Dissolve the sugar by agitation as much as possible. If this method is too slow, apply heat, but syrup is not so good. Add, when cool, flavoring extract, and coloring.

ORANGE SHERBET.

1 tablespoon Bee Brand Powdered Gelatine
2 cups sugar.
2 cups orange juice.
1 quart of water.
2 teaspoons Bee Brand Orange Extract.
½ cup boiling water.

Dissolve the gelatine in the boiling water. Boil the sugar and a part of water for five minutes, then add the gelatine and cool. Add orange juice and orange extract, strain and freeze.

GRAPE FRUIT SHERBET.

2 cups sugar.
1 qt. water.
½ cup strained lemon juice.
2 cups grape fruit juice.
1 cup orange juice
2 teaspoons Bee Brand Ginger Extract.
4 tablespoons sherry wine.

Boil together for fifteen minutes the water and sugar. Take from the fire and set aside to cool, when cold, add grape fruit juice, lemon juice, ginger extract, orange juice and sherry wine. Strain and freeze slowly.

Serve scooped in the skins of the grape fruit which for this purpose have been kept perfect after having removed pulp and juice.

ALMOND ICE CREAM.

28 blanched and chopped almonds.
1 doz. pounded stale macaroons.
1 teaspoon Bee Brand Almond Extract.
3 lady fingers pounded.
4 cups rich cream.
1 cup sugar.
1 tablespoon orange flower water.
2 tablespoons of maraschino.

Mix together the macaroons, almonds chopped and pounded lady fingers.

Scald two cups of the cream in a double boiler, add the sugar, stir until dissolved

Take from the fire, add remaining cream and set away until cold

Then add the orange flower water and the maraschino and freeze when frozen remove the dasher, work in with a long handled wooden spoon the cake crumbs, prepared almonds and almond extract and pack away for two hours.

MINT SHERBERT.

1 packed cup of mint leaves.
2 lemons.
2 cups water
2 cups sugar
Bee Brand Green Coloring.
1 teaspoon Bee Brand Peppermint Extract.

Pound the mint leaves to a pulp, add the strained juice of the lemons and let stand thirty minutes. Boil together for five minutes the water and sugar, pour it over the mint and let it stand until cold

Strain, color it a delicate green with the green coloring, add the peppermint and freeze.

ICED RICE PUDDING.

½ cup rice.
2 cups cold water.
1 cup milk.
1 cup sugar.
3 yolks of eggs.
2 teaspoons Bee Brand Apricot.
3 cups whipped cream.

OVER

Cover the rice with the cold water and let it boil for forty minutes. Drain if necessary, and put in a double boiler with the milk. Let it cook until the rice has absorbed the milk and is very tender. Be careful that it does not scorch or burn at the bottom.

Beat the yolks of the eggs light, add the sugar, cook, stirring all the time until it begins to thicken, but do not let it curdle. Remove from the fire, add the vanilla extract and put away to get cold. When cold, add the whipped cream and freeze as ice cream.

FROZEN TAPIOCA CUSTARD

1 cup Bee Brand Pearl Tapioca.
4 cups milk.
4 yolks of eggs.
3 cups whipped cream.
1 teaspoon Bee Brand Pineapple Extract.
1 teaspoon Bee Brand Pistachio Extract.

Put the tapioca and two cups of the milk into a double boiler. Cook for one and a quarter hours, stirring occasionally.

Scald the remaining milk, add sugar and cook for ten minutes. Add the tapioca with the milk in which it has been cooking and cook for ten minutes longer. Beat the yolks of eggs very light, add to the custard, stir for one minute, remove from the fire, and, when cool, add the pineapple and pistachio flavorings.

Turn into the freezer and freeze. When nearly frozen add the whipped cream, finish freezing, pack and stand away to ripen.

STRAWBERRY MOUSSE.

1 box strawberries.
2 teaspoons Bee Brand Strawberry Extract.
1 heaping tablespoon Bee Brand Powdered Gelatine.
1 cup sugar.
6 tablespoons boiling water.
1 quart whipped cream.
Few drops Bee Brand Strawberry Coloring.

Wash and hull the strawberries, then sprinkle them with the sugar. Let stand for two hours. Mash and press through a sieve.

Dissolve the gelatine in the boiling water, let cool and add to other ingredients. Stand on ice and stir until it begins to set. Fold in the whipped cream, and add strawberry extract and strawberry coloring, mould, cover, put on ice and set. After standing for four hours serve.

Raspberries may be substituted, adding raspberry extract and coloring.

SHERBET.

Strong lemonade.
Whites of three eggs.

Sweeten strong lemonade to suit the taste, add whites of eggs and beat well together. Flavor with Bee Brand Extracts to suit the taste and freeze.

BEVERAGES.

"Across the walnuts and the wine."

TEA.

The very finest tea ever imported may be completely spoilt by want of rational care in brewing it.

A properly made cup of tea is not only refreshing, stimulating and sustaining, it also contains elements which can set even a craving for alcohol at defiance in the best of health, while as a level with fresh fruit, while as disinclines the palate for intoxicants.

It should be remembered that tea is an infusion, not an extract. Fresh water should always be used, and as soon as it boils it should be used at once for brewing the tea.

Use china, glass or earthenware pots and take care to use a teaspoon that is proportionate to the size of the pot. Let the pot be made perfectly dry before using. Then put Banquet Brand Tea in the proportion of one teaspoonful to each cup. Set the pot near the fire for several minutes while waiting for fresh water in the kettle to come to the boiling point. By this time the tea in the pot has become warm and crisp and the pot itself is warm. Fill up the pot with boiling water, put on the cover, and stand quietly. After brewing five to seven minutes, strain off the liquor with as little delay as possible, through a strainer, into an earthenware teapot which has likewise been warmed. A simple plan is to put the leaves into a strainer fitted inside the teapot and pour in the boiling water, leaving it to infuse for five to seven minutes, then lift out the strainer and its contents. By such means only the pure wholesome qualities of tea will be ensured.

TEA PUNCH NO. 1.

4 teaspoons Banquet Brand Tea.
1 qt. boiling water.
5 ozs. sugar.
Strained juice 2 lemons.
Thin rind 1 lemon.
Crushed ice.

Infuse the tea in the boiling water for five minutes. Then strain the liquor from the leaves and pour over the sugar and lemons. When it to cool and pour on crushed ice.

TEA PUNCH NO. 2.

3 teaspoons Banquet Brand Tea.
1½ pints boiling water.
1 cup Apollinaris water.

Other ingredients as above and just before serving, add Apollinaris water.

Another method makes a delightful summer tea. After steeping, add two tablespoons of Jamaica rum.

TEA PUNCH NO. 3.

8 teaspoons Banquet Brand Tea.
2 qts. boiling water.
1 qt. lemon juice.
1 cup orange juice with grated rind.
1 qt. any kind canned fruit.
A small bunch of mint chopped fine.
¼ pint grape juice.
1 small grated pineapple.
½ teaspoon Bee Brand Red Pepper.
Water.

Infuse tea in boiling water, add to the above ingredients with sufficient water to make eight quarts. Let stand five hours, strain ice and serve, or it can be set aside for future use. For receptions or balls double the quantity of Banquet Brand Tea in the above recipe. Leave out the additional water, and add two quarts of orgeat, four quarts of claret, two glasses of Benedictine, and two quarts of Apollinaris, sweeten to taste and let stand at least five hours before serving. This makes as fine a punch as was ever offered a guest.

TEA JULEP NO. 1.

4 teaspoons Banquet Brand Tea.
1 qt. boiling water.
Sugar.
Crushed ice.
Mint.

Infuse three minutes, strain the liquor from the leaves. While cooling add sugar to taste, crushed ice and fresh sprigs of mint to each glass. Allow to settle three to five minutes and serve.

TEA JULEP NO. 2.

3 teaspoons Banquet Brand Tea.
1½ pints boiling water.
1½ pints Apollinaris water.

Make as per the above and add the Apollinaris water just before serving. Another method. Make according to either of the above recipes and immediately after infusing add two tablespoons of whiskey.

BEVERAGES (Cont'd)

COFFEE.

Coffee is valuable as a tonic and stimulant, and strengthens instead of weakening the system. It is not an expensive beverage, as it relieves the system of hunger pangs, prevents loss and digestive disorders when eating, and is merely a slightly expensive accessory to a meal. It will repay you to put forth an extra effort. Coffee should be ground only a short time before use, as the full strength is not extracted but it should not be reduced to a fine powder.

There are various methods of preparing coffee for the table and each has its devotees. Some users prefer boiling, others insist that there is a great difference in the results. When boiling is preferred, almost three teaspoons of newly ground pure coffee should be put into the pot for each person, then boiling water poured on it with a wooden paddle. Let it boil a few minutes. When it is ready to be taken off the fire, take it from the range, and let it set by the side of the range to settle, after which it is ready to be poured into a heated vessel for the table. For rinsing, use a little cold water before adding boiling water. Add one tablespoonful of white of egg for each cupful required, stir strongly, and then set it over the fire for five minutes when it is ready to serve. When milk is used it should be scalded. The addition of cream improves the flavor. The tin and metal coffee pots is not recommended but when they are used they should be washed out thoroughly with boiling water, otherwise a disagreeable flavor is imparted from a deposit on the metal.

ICED COFFEE.

Have a quart of clear, strong coffee, put into it four heaping tablespoonfuls of sugar and a wineglassful of maraschino. Put a piece of ice into it when serving, and use whipped cream with it.

CHOCOLATE.

Put two ounces of grated chocolate into saucepan, add a little water, and let simmer, stirring over the fire until a wooden spoon will stand in it, then add a pint of milk and whisk until it boils, and allow it to boil a few minutes. Serve at once, putting one tablespoon of whipped cream on top.

BLACKBERRY WINE.

2 qts. blackberry juice.
1 qt. water.
3 lbs. sugar.

Put all ingredients into a jug and let stand until fermentation ceases, which will be about three or four weeks. Then bottle and seal.

PARSNIP WINE.

1 qt. finely chopped parsnips.
1 gallon cold water.
3 lbs. brown sugar.
1 level teaspoon hot yeast.

Pour over the parsnips the water, then let it boil for one hour, strain and add the sugar. As soon as cool mix in the yeast and pour into a gallon jug. If the jug is not full, pour in enough water to fill it. Cork tightly and set away for six months. It must not be made later than February.

BLACKBERRY NECTAR.

½ gallon boiling water.
11 lbs. blackberries.
Sugar.
5 ozs. tartaric acid.

Pour water over blackberries, let stand twenty-eight hours, then pour into a jelly bag and let all the juice drip. To each pint of juice, add 1 half pound of sugar and stir well, then add tartaric acid and stir well. Bottle, cork and put away in cool place.

LEMON SQUASH.

Juice 1 lemon.
1½ teaspoons sugar.
Soda water.

Fill a tumbler half full of chopped ice, add strained juice of lemon, sugar and enough soda water to fill glass. Stir well, decorate with fruits in season, and serve with straws.

CARDINAL.

4 ozs. barley sugar.
2 cups hot water.
3 bruised cardamon seeds.
3 tangerine oranges.
4 drops of Bee Brand Cinnamon Extract.
1 bottle champagne.

Cut the tangerines in slices, add cinnamon extract, cardamon seeds and the barley sugar dissolved in the hot water. Cover and let the mixture simmer for forty minutes, strain and add champagne, and warm up.

ORANGE CORDIAL.

Rinds of 4 doz. oranges.
1 gal. whisky.
Syrup made of sugar and water.

Put the thin rinds of the oranges into a large jar, and pour upon them the whisky, let it remain covered for nearly two months, then strain and sweeten it with the syrup which must be very hot. Stir well and pour into bottles. The jars must be well corked and sealed.

Never trouble another for what you can do yourself.—
Jefferson.

MISCELLANEOUS RECIPES.

"I always match my appetite to my bill of fare."

OLIVE SANDWICHES.

Use the olives, stuffed with red pepper, chop finely and moisten just enough to spread nicely with mayonnaise dressing. Spread mixture on buttered and very thin slices of bread, press the two slices together and cut into neat squares or fingers.

SARATOGA CHIPS.

Pare and cut in very thin slices the quantity of potatoes desired. Let stand for a time in cold salted water, then dry them on a napkin. Fry them in smoking hot fat until a light brown color; drain and sprinkle salt over them, serve in an open dish.

BAKED MACARONI.

Break three ounces of macaroni into small pieces, boil it till tender in boiling salted water. Butter a baking dish, put a layer of macaroni in, then a layer of grated cheese, seasoning of salt, Bee Brand Black Pepper, and Bee Brand Red Pepper, repeat until the dish is almost full.

Beat together one cup of milk and two eggs, pour over the whole so as to cover the ingredients. Bake in a moderate oven for twenty minutes.

ITALIAN SPAGHETTI.

Put the desired amount of spaghetti into cold boiling salted water. When ready remove from the fire and drain. Have ready sauce made of strained tomatoes, thickened with one tablespoon butter and two tablespoons flour, highly seasoned with Bee Brand Red Pepper and Worcestershire sauce. Place a layer of the spaghetti in a buttered pudding dish, then a layer of sauce. Cover this with grated cheese and repeat this until the dish is full. Bake in oven till brown.

CHEESE BALLS.

Roll one cup grated cheese, quarter cup cracker crumbs, salt and ground pepper to taste, just a little Bee Brand Red Pepper, and two beaten whites of eggs. Mix well together and make into balls. Fry in hot butter. Serve on crisp lettuce.

CRANBERRIES.

Wash one quart or four cups of cranberries, then cook them in two-thirds of a cup of water until they burst from their skins, press through a strainer, add one cup of sugar and stir until the sugar is [illegible] minutes.

[illegible] or glasses which have been wet with cold water.

SCRAMBLED EGGS.

Beat five eggs with a silver fork, add one eighth of a tablespoon Bee Brand Ground Pepper, one and a teaspoon salt, dessert spoon Bee Brand Red Pepper, tablespoon milk. Melt two tablespoons butter in a saucepan, pour in the mixture. Cook until of a creamy consistency, stirring all the time from the bottom of the pan. Half quantity may be made by using three eggs.

MACARONI BEIGNETS.

½ lb. macaroni.
1 heaping teaspoon grated cheese.
1 tablespoon thick white sauce.
Yolks of 2 eggs.

Break macaroni in small pieces, then boil till tender in slightly boiling salted water. Drain and allow to cool, then mix with the grated cheese and sauce. Heat up, stir well and yolks of eggs, season with salt and Bee Brand Ground White Pepper, then spread on a plate to cool.

When cold make into cork shapes, dip into frying batter and fry a golden brown in cooking butter. Drain and sprinkle with grated cheese.

A tablespoon of cooked chopped ham or cold meat added to the mixture makes beignets more tasty.

MACARONI AND POACHED EGGS.

½ lb. macaroni.
3 tablespoons butter.
Grated cheese.
Milk.
Eggs.
Bee Brand Pepper.

Break macaroni into short lengths, put it into a saucepan with butter and enough milk to cover. Stir up from time to time as it swells whilst cooking.

When nearly cooked season with salt, Bee Brand Pepper, just a dust Bee Brand Red Pepper, and grated cheese, dress the cooked macaroni on a hot dish, pour over brown sauce and bake for ten minutes. Poach some eggs, trim and lay them on the top of the macaroni, garnish with parsley and serve.

MACARONI A L'ITALIENNE.

½ lb. boiled macaroni.
6 ozs. lean chopped ham.
1 small onion.
2 heaping tablespoons butter.
1 slice carrot and spices.
1 wineglass white wine.
½ cup stock or water.
1 can tomatoes.
1 tablespoon grated Parmesan cheese.

Slice a small onion and fry a golden colour in one heaping tablespoon butter, put to it a slice of carrot, cover the pan until well browned. Then add the wine, two spoons of parsley, one bay leaf, half a teaspoon of Bee Brand Thyme and one clove

OVER

Then add the white wine, stock or water and tomatoes. Allow to simmer for one and a half hours.

Add the macaroni to this sauce with one tablespoon butter and cheese, season with salt, Cayenne and Pepper, Just a Pee Brent, Red Pepper and grate in nutmeg. Stir over the fire for two minutes and serve hot.

BUCKWHEAT CAKES.

1½ pts. buckwheat.
¾ pt. cornmeal.
1¼ teaspoons salt.
1 tablespoon molasses.
¾ yeast cake.
¼ teaspoon baking soda.
Lukewarm water.

Mix the buckwheat, cornmeal, salt and yeast cake dissolved in a cup of lukewarm water together, add enough lukewarm water to make a stiff batter, beat well and let it rise over night.

Next morning take one batter cup full lukewarm water, dissolve the soda, dissolve in a little water and molasses, heat and fry. Care must be taken that you get good fresh yeast and the buckwheat should also be fresh ground and absolutely pure.

Leisure is time for doing something useful.
—Franklin.

MISCELLANEOUS---Continued

HASTY COCOANUT PUDDING.

1 cup Shred Cocoanut.
1 cup Hot Milk.
1 tablespoon Melted Butter.
1 tablespoon sugar
3 eggs.
½ teaspoon Bee Brand Vanilla Extract.

Line a small, deep pie dish with the pastry. Ornament the [illegible] Cocoanut, hot milk, sugar and butter, [illegible] allow to stand for twenty minutes, then add the yolks of eggs [illegible] Vanilla Extract. Mix and pour into prepared dish and bake in a moderate oven for half an hour or until set. Beat up whites of eggs with a pinch of salt, when stiff beat in two tablespoons of sugar and pile this meringue on top of pie, sprinkle over with sugar and cocoanut, return to the oven until set. Serve hot or cold.

COCOANUT PANCAKES.

2 tablespoons Shredded Cocoanut.
1½ cups flour.
¼ teaspoon salt.
3 tablespoons sugar.
4 eggs.
½ cup milk.
3 tablespoons olive oil.
3 tablespoons Bee Brand Orange Flower Water.
A few drops red coloring.
Some preserved fruit.

Sift the flour into a basin, chop the cocoanut and add it with the salt and sugar. Beat up the eggs and add them with the milk to the dry ingredients, adding the olive oil, orange flower water and [illegible] coloring. Mix well and fry. Sprinkle with fine sugar and chopped cocoanut. Serve very hot with preserved apricots or other fruits.

HASTY COCOANUT PUDDING.

¾ cup Shred Cocoanut.
1¼ pints milk.
3 tablespoons sugar.
¼ teaspoon salt.
3 level tablespoons cornstarch.
3 level tablespoons flour.
3 yolks of eggs.
1 teaspoon Bee Brand Vanilla Extract.
Some cream
Few chopped nuts.

Scald one pint of milk in a double boiler, add salt and sugar, cornstarch and flour moistened with the quarter pint of milk, then cook until thick and smooth, stirring constantly. Add the cocoanut, then stir in the yolks of eggs. Remove from the fire, add the vanilla, cover and place over hot water for ten minutes to finish cooking. Turn into a mold or into individual cups. Serve very cold with plain or whipped cream and chopped nuts on the top. Cocoanut may be sprinkled over the top if preferred.

We should strive to exemplify in our own mind
what we cannot admire in others.

COCOANUT CARAMELS.

- 1¼ cups Shred Cocoanut.
- 1 lb. brown sugar.
- ¼ cup butter.
- ½ cup milk.
- Pinch of Cream of Tartar.
- ½ cup of thick cream.
- ½ teaspoon Bee Brand Vanilla Extract.
- ½ teaspoon Bee Brand Lemon Extract.

Mix the cocoanut in the milk and allow it to soak for fifteen minutes, then put it in a saucepan with the sugar, cream of tartar and one tablespoon butter. Boil until it spins a heavy thread, then add the second piece of butter, again boil till it spins a thread and add the piece of butter and the cream. Boil this until it forms a hard ball when tried in cold water, add extracts and pour into buttered tins. Turn out when half cold and cut into neat pieces. This mixture must be stirred all the time while it is boiling.

COCOANUT FUDGE.

- 1 cup Shred Cocoanut.
- 1 heaping tablespoon butter.
- 1 pound brown sugar.
- ¾ cup milk.
- 1 teaspoon Bee Brand Vanilla Extract.
- 2 oz. unsweetened chocolate.

Put the sugar, milk, butter and chocolate into a saucepan over the fire and boil for 15 minutes, stirring all the time. Remove from the fire and add the chopped cocoanut and the vanilla extract, and beat with a wooden spoon until it begins to thicken. Pour into buttered tins and mark into squares before it hardens.

COCOANUT BUTTER SCOTCH.

- 1 cup Shred Cocoanut.
- 1 pound brown sugar.
- 6 ounces butter.
- 1 cup water.
- 1 teaspoon Bee Brand Lemon Extract.

Put the sugar, butter and water into a saucepan, boil for ten minutes, stirring only occasionally and gently. Stir in cocoanut and lemon extract and pour immediately into buttered tins. Leave in a cool place till it hardens.

FROZEN COCOANUT CUSTARD.

- 1½ cup Shred Cocoanut.
- 1 quart milk.
- 1 cup sugar.
- Yolks of five eggs.
- Lady fingers.
- ½ teaspoon Bee Brand Vanilla Extract.
- ½ teaspoon Bee Brand Lemon Extract.

Chop the cocoanut finely or put through a chopping machine. Beat up the eggs with sugar, bring the milk to boiling point and add it, stirring all the time. Remove from the fire, flavor with vanilla and lemon extract, then cool. Add the chopped cocoanut and mix all well together. Turn into the freezer and freeze. Serve with lady fingers.

It is better to know much of a few things than a little of many things.
—Edward Brooks.

COCOANUT CANDY.

1½ cups Shred Cocoanut.
1½ cups milk.
2 cups sugar.
1 teaspoon Bee Brand Rose Extract.

Put the cocoanut into a saucepan, add sugar and milk. Boil for twelve minutes, stirring occasionally. Then remove from the fire, add Rose Extract. Then beat up briskly with a wooden spoon till it begins to thicken. Pour into a buttered tin, and when nearly cold cut into square pieces.

COCOANUT CORNSTARCH DAINTY.

1 cup Shred Cocoanut.
3 tablespoons sugar.
3 whites of eggs.
1 pint of milk.
2 tablespoons cornstarch.
1 teaspoon Bee Brand Vanilla Extract.
Custard sauce.

Mix the cornstarch and sugar in a saucepan, add the milk, stir over the fire constantly until it thickens, then add the cocoanut and cook slowly for half an hour, stirring occasionally. Beat up the whites of the eggs stiffly, add them with the Vanilla Extract, and pour into a wet mold. Turn out when chilled and serve with custard sauce made with the yolks of the eggs.

COCOANUT CREAMS.

1 cup Shred Cocoanut.
White of one egg.
Some confectioner's sugar.
1 teaspoon Bee Brand Almond Extract.

Put the white of egg into a basin, add almond extract, the chopped cocoanut, and enough sifted confectioner's sugar to make a stiff paste. Knead it on a board, using a little confectioner's sugar to roll it out, and cut it out with small cutters. Lay on paper to dry. Any flavoring that is liked may be used.

COCOANUT KISSES.

6 heaping tablespoons Shred Cocoanut.
1 pound lump sugar.
1 cup water.
1 teaspoon Bee Brand Rose Extract.

Put the sugar and water into a saucepan, stir gently till the sugar is dissolved, then boil till it spins. Heavy thread. Then remove from the fire, stir with a wooden spoon till clear, add Rose Extract and cocoanut. Mold on a teaspoon or dessert spoon with the fingers, making a ridge in the middle. Slip on to wax paper to dry.

COCOANUT PASTRIES.

2 cups Shred Cocoanut.
1 heaping tablespoon rice flour.
1 white of egg.
½ teaspoon Bee Brand Rose Extract.

Mix well together, divide into three parts, color one part with a few drops of red coloring, one with a few drops of green coloring and leave the other part plain. Take some puff pastry, roll it out thin, and stamp into rounds with a plain cutter about two inches in diameter, place in the center of each round some of the cocoanut mixture, first draining the colors, and fold this pastry over and over like a letter, baking to a light brown color. Arrange on a pretty plate.

COCOANUT CHARLOTTE.

1 cup Shred Cocoanut.
1 heaping tablespoon Bee Brand Gelatine.
¼ cup boiling water.
1 cup milk.
4 eggs.
½ cup sugar.
1 cup whipped cream.
1 tablespoon sherry wine.
1 teaspoon Bee Brand Vanilla Extract.
¼ lb. macaroons.

Dissolve the gelatine with the boiling water and the eggs beaten with the sugar and the milk. Stir over the fire till they thicken slightly; they must not boil. Strain, add the cocoanut, vanilla, sherry wine, the macaroons crushed, and the whipped cream. Stir until beginning to thicken then pour into a wet mold and set when firm, and serve with lady fingers.

COCOANUT SOUFFLE.

2 cups Shred Cocoanut.
6 tablespoons flour.
1 pint milk.
4 eggs.
4 tablespoons sugar.
1 teaspoon Baking Powder.
½ teaspoon Bee Brand Lemon Extract.

Beat up the eggs until light, add flour, baking powder, six tablespoons of the sugar, lemon extract, milk and one cup of cocoanut. Mix carefully and turn into a buttered fire proof dish which will appear on the table and bake in a moderate oven until it rises and becomes firm. As soon as it begins to set, sprinkle over with the other cup of cocoanut mixed with the other two teaspoons of sugar. Serve hot.

DUCHESS COCOANUT PIE.

1 cup Shred Cocoanut.
1 cup Hot Milk.
1 tablespoon melted butter.
1 tablespoon sugar
3 eggs.
½ teaspoon Bee Brand Vanilla Extract.
Some Pastry.

OVER

Line a small, deep pie dish with the pastry. Ornament the edge neatly. Mix together the cocoanut, half the sugar and butter, and allow to stand for twenty minutes. Add the yolks of eggs beaten and Vanilla Extract. Mix and pour into prepared dish and bake in a moderate oven for half an hour or until set. Beat up whites of eggs with a pinch of salt, when stiff beat in two tablespoons of sugar, pile this meringue on top of pie, sprinkle over with sugar and cocoanut, return to the oven until set. Serve hot or cold.

COCOANUT STEEPLES.

½ lb. Shred Cocoanut.
4 tablespoons sugar.
2 whites of eggs.
½ teaspoon Bee Brand Almond Extract.

Beat up the whites of eggs to a stiff froth, then gradually beat in the sugar. Remove the beater and stir in the cocoanut and Almond extract. Form into tiny steeples. Place on buttered pans, dust over with sugar and bake in a cool oven for half an hour.

FRENCH COCOANUT CAKES.

1½ cups Shred Cocoanut.
½ cup butter.
2 eggs.
1 teaspoon Bee Brand Vanilla Extract.
1 cup flour.
1 heaping teaspoon Baking Powder.
½ cup milk.
½ cup sugar.

Cream butter and sugar together, add eggs well beaten, Vanilla Extract, flour, baking powder, cocoanut and milk. Mix and drop out teaspoonfuls buttered and floured gem pans. Bake in a hot oven for twenty minutes. Cool and ice with the following mixture: put three tablespoons water into a small saucepan, add three tablespoons of red currant or clear, two tablespoons sugar, stir until boiling, and boil for two minutes. Pour this syrup then into plenty of cocoanut.

PHILADELPHIA COCOANUT CAKES.

1½ cups Shred Cocoanut.
1 cup rice flour.
¾ cup sugar.
2 teaspoons Baking Powder.
¾ cup of butter.
1 teaspoon Bee Brand Orange Extract.
2 whites of eggs.
2 cups flour.

Sift flour and rice flour into a basin, rub butter finely into them, add baking powder, sugar, cocoanut, orange extract and whites of eggs stirred. Mix and if not moist enough add a very little milk. The paste should be a stiff one. Place in rough pieces on buttered baking tins. Bake in a hot oven for twenty minutes.

COCOANUT GEMS.

2 cups Shred Cocoanut.
½ cup butter.
1 cup sugar.
5 eggs.
3 cups flour.
1 cup milk.
1 teaspoon Dee Brand Vanilla Extract.
½ teaspoon salt.
2 teaspoons baking powder.

Cream the butter and sugar together. Add the beaten yolks of the eggs and beat until light. Add alternately in small quantities the flour and the milk, beating well. Then stir in the vanilla, salt, cocoanut, baking powder, and the whites of the eggs well beaten. Beat for a minute and then divide into buttered and floured gem pans. Bake in a hot oven. These gems may be covered with white frosting.

THINGS WORTH KNOWING.

TO STOP THE RAVAGES OF MOTHS IN CARPETS.

Camphor will not stop the ravages of moths after they have commenced eating.

Take a coarse towel and wring it out in clean water. Spread it smoothly on the carpet, then iron it dry with a hot iron, repeating the operation in all suspected places, and in those least used.

It does not injure the pile or color of the carpet in the least. It is not necessary to press hard, heat and steam being the agents, and they do the work effectually on worms and eggs.

TO WASH CHAMOIS LEATHER.

Put one teaspoonful of Crescent Brand Ammonia into a saucepan of hot water and soak the leather in this for ten minutes. Then squeeze and press it until the dirt is removed.

Have more hot water prepared in the same way, wash the leather again in this, then rinse, squeeze, and dry in the air, rubbing it frequently to keep it soft.

A SEWING MACHINE SECRET.

Take out the screw that holds the tension plate, remove it and you will be surprised at the amount of thrift accumulated there. Clean the little grooves and under the washer of the place with a penknife.

The needle must be taken out before the work is begun.

You will find that this is the only cause for the machine running hard, and it is a little secret that the agents will not tell you, because they don't know it.

TO CLEAN GLASS BOTTLES THAT HAVE HAD OIL IN THEM.

Place ashes in each bottle and immerse in cold water, then heat the water gradually until it boils, after boiling one hour let them remain till cold. Then wash the bottles in soapsuds, and rinse in clean water.

COFFEE STAINS.

Carefully separate the white from the yolk of one egg, and beat the latter slightly, mix this with the same quantity of glycerine, and apply it liberally to the stain on both sides of the material.

Leave on for two hours, then soak in warm (not hot) water for another hour. After this you may safely wash the cloth.

Never buy what you can't use, it will be dear to you in the end.

TO CLEAN CURRANTS.

Put the currants in a sieve or colander, sprinkle thickly with flour, rub them well until they are separated from any stems.

Place the strainer and currants in a pan of cold water and wash them thoroughly. Lift the strainer and currants together and change the water until it is clear. Dry the currants between clean towels.

TO STONE RAISINS.

Put them in a dish and pour boiling water over them, cover and let them remain in it ten minutes. It will soften them so that by pressing each raisin between thumb and finger the seeds will come out clean. They are then ready for cutting or chopping if required.

CANNED PUMPKIN.

Cut up the pumpkin into small pieces, peel, then put them in a saucepan with just enough water to cook without burning. When cooked and the mass dried with a spoon, rub it through the sieve, return to the pumpkin through a colander, put into the stove and let it boil again.

Have jars ready, put boiling pumpkin into the jars with a soup ladle. Keep the pumpkin boiling all the time. Seal the jars and put in a dark place to cool. When cool screw tops down tighter with rubber wrapped in tin paper and put away in a dark place and they will keep till spring. Can apples the same way.

RAW POTATO YEAST.

Grate three raw potatoes on a coarse grater. Put two handsful of hops in three pints of water and boil for ten minutes, then strain over the potatoes, add one tablespoonful of salt, one of sugar and stir well. When cold, put in a pint of yeast and let it rise, then bottle for use.

TO MAKE GOOD YEAST OR DRY RISING.

In the morning take two handsful of hops, put them on to boil in one quart of boiling water, add five potatoes. Put in a crock one pint of flour, add one tablespoonful of salt, then mash the potatoes through a colander on the flour, add the water off the hops and stir well. When cool, add some good rising, and set it to rise until evening.

Mix with some corn meal and a little flour, mix and stir in the rising, then mix into small lumps or cakes, spread this on a dry board and dry well in the air. When dry, put in a sack and keep in a dry place. To use, take two cakes, boil as directed, when cool enough sets in the evening. This rising lasts three or four months.

USES FOR EGG YOLK.

Any [illegible] of the yolk of an egg is in cookery, especialy as a thickening for soups.

[illegible] on account of the fact that the yolk well rubbed [illegible] and afterwards washed off with tepid water and a little borax will exercise a stimulant to the growth of the hair, but it will be found a valuable aid in cleansing soiled or stained dress materials.

Either used alone, or mixed with water, and rubbed on with a [illegible] of the egg will remove mildew from white stains [illegible] every description, and may be safely applied to velvet, silk or satin velveteen. After it has been applied it must be washed off with a little [illegible] and tepid water, and the article then rinsed with pure cold water.

The yolk of an egg applied and directed above the skirts soiled with car greese, is magical in its effects.

In various stains the yolk, very carefully separated from the white [illegible] is a very effective remedy and removes all stain. The yolk of a fresh egg, [illegible] mustard, vinegar and lemon juice, and started [illegible] and allowed on the [illegible], is one of those [illegible] every housewife should keep by her.

TO CLEAN WOODEN TABLES.

Mix together two tablespoonfuls washing soda, a quarter pound of [illegible] soap, and [illegible] of fuller's earth, with enough boiling water to make into a paste.

A whitewashed reputation does not endure any longer than a whitewashed fence.

ANTIDOTES FOR POISON

FIRST—Send for a physician.

SECOND—Induce vomiting by tickling throat with feather or finger, drinking hot water or strong mustard and water, swallow sweet oil or whites of eggs.

ACIDS are antidotes for **ALKALIES**, and vice versa.

SPECIAL POISONS AND ANTIDOTES.

ACIDS—Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol,) Nitric (Aqua Fortis) — Soap suds, magnesia, lime water.

PRUSSIC ACID. Ammonia in water. Dash water in face.

CARBOLIC ACID. Flour and water, milk, lager or ale drinks.

ALKALIES Potash, Lye, Hartshorn Ammonia. — Vinegar or lemon juice in water.

ARSENIC Rat Poison, Paris Green — Milk, raw eggs, sweet oil, lime water, flour and water.

BUG POISON Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol. — Whites of eggs or milk in large doses.

CHLOROFORM—Chloral, Ether. — Dash cold water on head and chest. Artificial respiration.

CARBONATE OF SODA—Copperas, Cobalt. — Soap suds and mucilaginous drinks.

IODINE Antimony, Tartar Emetic. — Starch and water, astringent infusions, Strong tea.

MERCURY and its salts. Whites of eggs, milk, mucilage.

OPIUM—Morphine, Laudanum, Paregoric, Soothing Powders or Syrups — Strong coffee, Hot Bath. Keep awake and moving at any cost.

HELP IN CASE OF ACCIDENTS

DROWNING 1. Loosen clothing, fan. 2. Empty lungs of water by laying body on its side or head. Lifting it by the ankles so that the head hangs down. Jerk the body a few times. 3. Put finger in throat, using handkerchief, or pry with stick if necessary. 4. Imitate natural breathing by alternately compressing and expanding the lower ribs about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward closing the nostrils and pressing the "Adams apple" back, seat of voice entrance to stomach, correct action can be tried. Take a deep breath, and breathe it forcibly into the mouth of patient, compress the chest to expel the air and repeat the operation. 7. DON'T GIVE UP. People have been saved after HOURS of patient vigorous effort. 8. When breathing begins place patient in a warm bed and give WARM drinks, or spirits in teaspoonfuls, fresh air and quiet.

BURNS and SCALDS. Cover with Cooking Soda and dry wet cloth over it. Whites of Eggs and Olive Oil. Olive or Linseed Oil paint or mix well with chalk or whiting.

LIGHTNING. Dash cold water over person struck.

SUNSTROKE. Loosen clothing, put patient into shade, and apply ice-water to head.

MAD DOG or SNAKE BITE Ligature tightly above wound. Suck the wound and cauterize with caustic or white hot iron at once or cut out injured parts with sharp knife.

VENOMOUS INSECTS' STINGS, Etc. Apply weak Ammonia, Soda, Salt Water or Iodine.

FAINTING. Place flat on back, allow fresh air and sprinkle face with water.

TESTS OF DEATH. Hold mirror to mouth. If living, moisture will gather. Push pin into flesh. If dead, the hole will remain, if alive it will close up.

CINDERS IN THE EYE Roll soft paper to a point and lightly touch and wet the tip to remove, or use a medicine dropper to draw it out. Rub the OTHER eye.

LAUNDRY REFERENCES

Ink Stains—Soak in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

Blood Stains—Soak in cold salt water, then wash in warm water with plenty of soap; afterward boil.

Grass Stains—Saturate the spot thoroughly with kerosene, then put them in the washtub.

Iodine Stains—Wash with alcohol, then rinse in soapy water.

Hot Tea and Coffee Stains—Soak the stained fabric in cold water; wring; spread out and pour a few drops of glycerine on each spot. Let it stand several hours; then wash with cold water and soap.

Iron Rust—Soak the stains thoroughly with lemon juice, sprinkle with salt and bleach for several hours in the sun.

Grease Spots—Hot water and soap generally remove these. If not, use a little gasoline, benzine, carbon tetrachloride or naphtha. All three of these must be used away from either fire or artificial light.

Mildew—Soak in a weak solution of chloride of lime for several hours. Rinse in cold water.

Sewing Machine Oil Stains—Rub with lard. Let stand for several hours, then wash with cold water and soap.

Scorch Stains—Wet the scorched place, rub with soap and bleach in the sun.

Paint Stains—Stretch the fabric containing the stain over the mouth of a bowl and pour boiling hot water on the stain. In cold weather (or in spots that cannot be boiled), the stained garment out of doors overnight. If the stain has been of long standing, soak in a weak solution of oxalic acid or hold the spot over the fumes of sulphur.

A SUGGESTION TO THE HOUSEKEEPER

In Reference to

PREPARING CANNED FOODS

A Housekeeper should have a supply of canned food upon the pantry shelves at all times. Just before luncheon or dinner, if fancy leads to both vegetable and fruit, she should remove the fruit from the can, pouring it into a clean, unbroken, uncracked dish, covering it with a piece of cheese cloth to keep off flies or other insects.

Let it remain a few minutes to receive the benefit of pure air. Pure air is good for both food and mortals. Fifteen minutes before the lunch or dinner, if it be a vegetable, transfer it to a double boiler, and allow it to get hot thoroughly throughout. Don't cook it—it is already cooked, having been cooked in heat forced to 235 or 250 degrees Fahrenheit, according to the nature of the food.

If a fruit, proceed in the same way without heating, and if the weather be warm, put in the refrigerator for a few minutes, that it may be chilled before serving.

MEMORANDUM

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MARION HARRIS NEIL

3603 POWELTON AVE.

PHILADELPHIA, PENNSYLVANIA.

First Class Diplomée and Experienced teacher of Cookery. Practically tests Proprietary Foods and Specialties and furnishes original and reliable recipes to Food Manufacturers for Books, Booklets and Folders. . . . . .

CORRESPONDENCE SOLICITED.

SPECIAL REFERENCES ON REQUEST.

LEMON
VANILLA
ORANGE
ROSE
ALMOND
CINNAMON
CELERY
ONION
GINGER
NUTMEG
PEPPERMINT

BANANA
STRAWBERRY
RASPBERRY
PINEAPPLE
NECTARINE
PEACH
PEAR
APPLE
VIOLET
PISTACHIO

ABSOLUTELY PURE HIGHEST QUALITY

TRUE FLAVORS

BEE BRAND

FLAVORING EXTRACTS

FAR HIGHER IN QUALITY AND STRENGTH
THAN NATIONAL FOOD LAW REQUIREMENTS

AWARDED **GOLD MEDAL** JAMESTOWN

The Jury of Awards being composed of the greatest food experts in the U. S.

Harvey Washington Wiley, Ph.D., Chairman
Frank Wigglesworth Clarke
John Harper Long

This is the highest award given goods of this class since the Pure Food Laws went into effect

BEE BRAND EXTRACTS

are used exclusively by Johns Hopkins Hospital. This is one of the many Proofs Positive that they are pure

SAMPLE BY MAIL 8 TWO CENT STAMPS

"PURITY THAT SATISFIES"

"QUALITY THAT GRATIFIES"

WHITE, BLUE AND GOLD AIRTIGHT CANISTERS.

BEE BRAND

GROUND SPICES.

A REVELATION IN QUALITY TO THOSE WHO HAVE USED ONLY THE ORDINARY BRANDS OF SPICES.

ONLY HIGH GRADE AND THOROUGHLY CLEANED WHOLE SPICES USED IN THEIR MANUFACTURE.

AWARDED **GOLD MEDAL** JAMESTOWN.

THE HIGHEST AWARD SINCE THE PURE FOOD LAWS WENT INTO EFFECT

SAMPLE PKGE. MAILED FOR 5 TWO CENT STAMPS.

BEE BRAND

WHOLE PICKLING SPICE

UNSURPASSED FOR ITS

PIQUANT, AROMATIC AND PRESERVING QUALITIES. IMPARTS A DELIGHTFUL FLAVOR TO PICKLES, ETC.

A PERFECTLY BLENDED COMBINATION OF 18 DIFFERENT HERBS, SPICES AND LEAVES CAREFULLY SELECTED AND THOROUGHLY CLEANED

MIXED AFTER THE RECIPE OF AN OLD TIME VIRGINIA MATRON

SAMPLE BY MAIL 5 TWO CENT STAMPS

CLEANED OF ALL STICKS AND STONES. READY FOR USE

BEE BRAND

RUBBED SAGE

THE OLD STYLE PACKAGE PRESSED HERBS HAS BEEN SUPERSEDED BY THE NEW PROCESS RUBBED OR MILLED

GIVES POULTRY, GAME, ETC., AN EXCELLENT AROMATIC AND APPETIZING FLAVOR

SAMPLE PACKAGE

BY MAIL 5 TWO CENT STAMPS

POSSESSES THE TRUE FLAVOR SO DESIRED BY ALL TEA DRINKERS

BEE BRAND

"THE THREE MINUTE"

TEA

GOLDEN TIPPED ORANGE PEKOE CEYLON

DELICIOUS, FRAGRANT, INVIGORATING

AWARDED **GOLD MEDAL** JAMESTOWN

Packed in handsomely lithographed, hermetically sealed canisters, so that all the rich flavor and high quality are retained.

FOUR SIZES

1 lb. Size, $1.00 **1-2 lb Size, 50c.** **1-4 lb. Size, 25c.**

Travelers Pocket Canister, 10c. Each

If your grocer will not supply you with **BEE BRAND TEA,** we will send you prepaid to any part of the United States, Canada Mexico, Cuba or Porto Rico a one pound package for $1.00

"QUALITY AND QUANTITY"

PACKED FOR THOSE WHO WANT

A HIGH GRADE TEA

1 LB., 1-2 LB., 1-4 LB. AND TRIAL SIZES

AIRTIGHT CANISTERS

AWARDED **GOLD MEDAL** JAMESTOWN

WRITE FOR SAMPLES

MAKE TEA RIGHT"

IF MADE IN THE

BEE BRAND

TEA POT

ACCORDING TO DIRECTIONS WILL
PRODUCE A MOST

DELICIOUS AND REFRESHING BEVERAGE

THIS TEA POT IS EXCLUSIVELY DESIGNED GOLDEN BROWN, HIGHLY POLISHED, GLAZED INSIDE AND OUT, WITH GLAZED STRAINER ATTACHED SO MADE TO WITHSTAND HEAT

3 SIZES:—3, 5 AND 8 CUP CAPACITY

DIRECTIONS FOR USING

PLACE THE TEA IN STRAINER, POUR OVER IT THE FRESH BOILING WATER. WHEN TEA IS DRAWN REMOVE STRAINER CONTAINING LEAVES AND REPLACE COVER
NEVER USE A METAL TEA POT

WRITE FOR PRICES

A DELICIOUS DESSERT

BEE BRAND

HASTY OR PEARL

TAPIOCA.

Easily prepared and easily digested. If made according to directions given on carton and in this book will make ...

"VARIETY IS THE SPICE OF LIFE"

DAINTY DESSERTS

QUICKLY MADE BY USING

BEE BRAND

GRANULATED

GELATINE

DECLARED THE BEST ON MARKET BY

DR. H. T. VULTE.

One of the leading food experts ... 30 years experience

BY MAIL 7 TWO CENT STAMPS

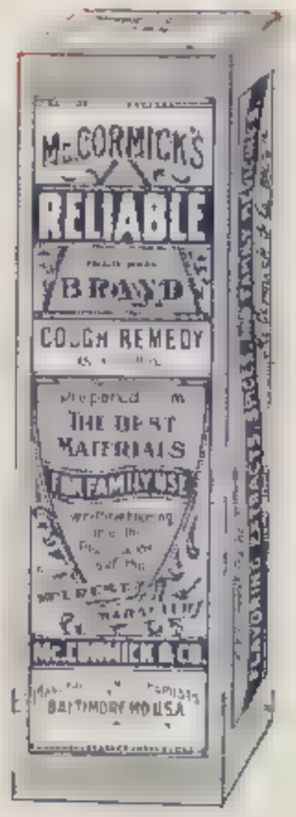
RELIABLE BRAND

TRADE MARK

FAMILY REMEDIES

U. S. P.

ANTISEPTIC
RELIEF FOR PAIN
BALSAM COPAIBA
BATEMAN'S DROPS
CAMPHOR, SPIRITS
CASTORIA
COUGH REMEDY
DEATH TO PAIN
DIARRHOEA REMEDY
ESS. GINGER
GLYCERINE
GODFREY'S CORDIAL



GOLDEN TINCTURE
LINIMENT
NITRE, SPIRITS
OIL, CASTOR
" SWEET
PAREGORIC
PEPPERMINT, ESS.
TINCT. ARNICA
" IODINE
" IRON
TURPENTINE
VERMIFUGE

CAREFULLY PREPARED FOR FAMILY USE

THESE REMEDIES ARE PREPARED WITH THE GREATEST CARE FROM THE BEST MATERIALS. EVERYTHING ENTERING INTO THEIR COMPOSITION IS

ABSOLUTELY PURE

HIGHEST QUALITY

FULL STRENGTH

SATISFACTION GUARANTEED

PUT UP IN TWO SIZES, 10C AND 25C

SAMPLE BOTTLE BY MAIL FOR 8 TWO CENT STAMPS

McCORMICK & CO'S
BEE BRAND
CATARRH JELLY
RELIEVES CATARRH COLD IN HEAD HAY FEVER SORE THROAT NEURALGIA &c.
PRICE 25 CTS
McCORMICK & CO
BEE BRAND CATARRH JELLY

QUICK RELIEF GUARANTEED

BEE BRAND

CATARRH JELLY

CONTAINS NO COCAINE OR OTHER HABIT FORMING DRUGS. IT IS A PURE UNADULTERATED HEALING REMEDY.

RECOMMENDED FOR

CATARRH, COLD IN HEAD, HAY FEVER, SORE THROAT, NEURALGIA, &C.

BY MAIL 15 TWO CENT STAMPS

SOOTHING HEALING HARMLESS

BEE BRAND

EYE WATER

A SPLENDID LOTION FOR

WEAK AND INFLAMED EYES

QUICKLY RELIEVES PAIN, SORENESS AND SMARTING. THIS EYE WATER CAN BE USED WITH PERFECT SAFETY.

BY MAIL 15 TWO CENT STAMPS

UNHAPPILY WEDDED COUPLES FOR DIVORCE
NEED NEVER SUE,
THEY CAN MEND THEIR CRACKED AFFECTIONS
WITH McCORMICK'S IRON GLUE.
SO HAPPY WILL THEY BE
BEFORE THE YEAR IS THROUGH,
THEY'LL BLESS THE DAY WHEN FIRST THEY SAW

McCORMICK'S IRON GLUE

QUICK TO STICK SOLD TO HOLD

IRON GLUE

MENDS BRIC-A-BRAC, CHINA, GLASSWARE,
EARTHENWARE, WOODENWARE, FURNITURE,
LEATHER, BOOKS, &c.

MENDS EVERYTHING HOLDS ANYTHING

5C. AND 10C. SIZES WITH CAP AND BRUSH

SAMPLE BOTTLE BY MAIL, 5 TWO CENT STAMPS

"GOOD RESULTS

FROM EVERY OUNCE FED".

TRADE **JOCKEY** MARK.

ANIMAL POWDER

(MEDICINAL)

A STRICTLY HIGH GRADE CONDITION

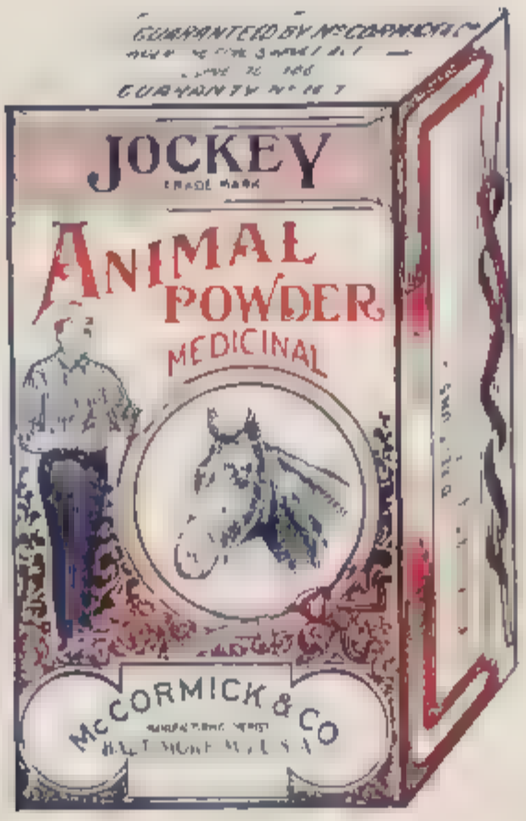
POWDER FOR

HORSES, CATTLE, SHEEP, HOGS &C.

APPETIZER, BLOOD PURIFIER, TONIC.

1 LB.— 3 LB. AND 7 LB. PACKAGES.

SEND FOR SAMPLE.



A PERFECT LINIMENT

FOR

MAN OR BEAST

UNCLE SAM'S NERVE AND BONE LINIMENT

FOR EXTERNAL USE

A SPLENDID REMEDY WHEN USED ACCORDING TO DIRECTIONS FOR

CUTS, SORES, BRUISES, STRAINS, SPRAINS, FROSTED FEET, NEURALGIC PAINS, STIFFENED JOINTS, PAINS IN BACK AND LIMBS, ETC.

KEEP A BOTTLE IN THE HOUSE FOR THE FAMILY

KEEP A BOTTLE IN THE STABLE FOR THE LIVE STOCK

Read this Carefully, Only One of Many We Have on File

Bristol, Tenn.

"GENTLEMEN

I had an occasion to use your 'Uncle Sam's Nerve and Bone Liniment' for Rheumatism caused by exposure. Allow me to say that I found instant relief from same after one application.

Very truly yours,

N . S. "

The Kind

That Kills Bugs, Flies, Mosquitoes
Moths, Insects, Etc.

BEE BRAND

INSECT POWDER

HARMLESS TO MANKIND AND
DOMESTIC ANIMALS

PACKED IN AIRTIGHT CONTAINERS

SPRINKLER TOP NO GUNS REQUIRED

Exterminates Ants, Flies, Fleas, Bedbugs, Roaches, Worms, Mosquitoes, Lice on Fowls and Animals, Aphis Fly and all forms of Insects that infest Plants and Flowers.

SAMPLE PACKAGE SENT ANYWHERE FOR SIX 2 CENT STAMPS

A DELICIOUS TEMPERANCE BEVERAGE

REFRESHING DELIGHTFUL

BEE BRAND

ROOT BEER

A HEALTHFUL NON-ALCOHOLIC
SUMMER DRINK

A TEN CENT BOTTLE MAKES 5 GALLONS

GUARANTEED PURE

RICH FLAVOR FULL STRENGTH

MAILED ANYWHERE

FOR 10 TWO CENT STAMPS

"THE KIND THAT
IS GUARANTEED ABSOLUTELY
PURE"

BEE BRAND
TRIANGULAR QUININE

Put up in this patented triangular shaped blue bottle as a protection against Impure Goods.

ASK YOUR DEALER.

10 CENT SIZE BOTTLE

Mailed you upon receipt of 7 Two Cent Stamps

CONVENIENT. READY TO TAKE.

KEEPS IN ANY CLIMATE.

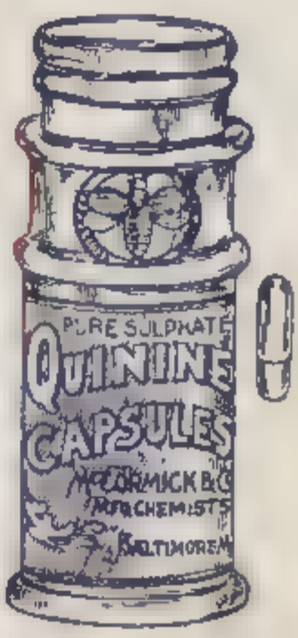
BEE BRAND
QUININE CAPSULES.

Packed in a neat wooden air-tight bottle that just fits the vest pocket.

One dozen 2 grain Capsules to each bottle

Soluble and Tasteless, and dissolves much quicker in the stomach than pills.

Samples Sent for 6 Two Cent Stamps



SMOOTH AS VELVET

DELIGHTFULLY REFRESHING.

"PACKED FOR PARTICULAR PEOPLE"

B B

TALCUM

(BORATED POWDER)

VIOLETTE AND CARNAZA ODORS.

COOLING. SOOTHING. ABSORBENT.

HARMLESS. ANTISEPTIC.

HANDSOME PURPLE AND GOLD, OVAL SHAPED CAN.

A HIGHLY VALUED TOILET NECESSITY FOR BABIES AND ADULTS. CONTAINS NO HARMFUL INGREDIENTS.

ASK FOR SAMPLE.

STICTLY HIGH GRADE

GUARANTEED HARMLESS

B. B.

ANTISEPTIC TOOTH POWDER

PUT UP IN HANDSOME ESPECIALLY DESIGNED ROUND, PURPLE AND GOLD CANS, WITH SIFTER TOP.

Contains no hard gritty substances to injure the Teeth or Gums. A smooth cleansing Powder that will keep the Teeth and Gums in excellent condition, and Purify the Breath.

Guaranteed to please the most exacting.

TEETH TALKS

The care of the teeth should be taught the child as soon as it is able to use a brush properly. See that a good cleansing powder free of gritty substances is used.

Before brushing the teeth, clean all openings of any food particles with a soft wood toothpick. The teeth should be brushed twice a day, using the brush with a rotary motion. A visit to the dentist should be made two or three times a year for examination.

Constant brushing keeps the gums healthy and hard, prevents discoloration and decay and very often prevents nervous disorders, which would naturally arise from improperly kept teeth.

Clean sound teeth are "Marks of Self-respect."

AS OTHERS SEE US

Dear Sirs:—

* * * * * * * * * *

I use your Bee Brand Extracts and always have good results. I make all my Root Beer from your Bee Brand Root Beer Extract. * * * * * * My two little children drink nothing in the warm weather but your Root Beer. Everyone who has tasted it, say they have never had any that could come up to it.

Yours respectfully,

Frederick, Md. Mrs. D.....M. B.....

Dear Sirs:—

The Bee Brand Spices are the best ever. * * * * *

I remain, Yours truly,

Marion Station, Md. Mrs. J.....M.....

Gentlemen:—

* * * * * I always use Bee Brand Extracts and Spices. I buy all my groceries of Tindall Bros. and will always use Bee Brand as they please my customers better than any other.

Yours respectfully,

Dublin, Ga. Edw. Harrington

Dear Sirs:—

* * * * Your Bee Brand Extracts have been used in our home for sometime and am delighted to say that they give the best of satisfaction

Very truly yours,

Dublin, Ga. E.....N. F.....

Dear Sirs:

I had a party to whom I could not sell anything but uncolored Japan Tea but when they received a sample of Banquet Blended Tea, they tried it. Only two of the family were using Tea but when **they** tried your Tea they all said it was fine and now everyone is using it. They say it is the best they have ever had and that they will have no other.

I have sold twice as much Tea this season as any other season and I could not sell very much **High Grade** Tea.

There has been so much talk of Banquet Tea that they come in the store and call for "The Tea that my neighbor got."

Your Banquet Tea is a success. Yours for business,

General Merchandise Louise, Texas. D. D. Hillyer

Gentlemen:—

I attended the Pure Food Show last October, and purchased a box of your Banquet Tea. I found it satisfactory, and hereafter I shall use nothing but Banquet. Will you kindly advise me how to obtain one of the Tea pots that you advertise on your box.

I remain,

Baltimore, Md. Mrs. G.....W. B.....

Gentlemen:—

During a recent trip in Florida, I met your representative who gave me samples of Bee Brand Tea. I brought these home and my wife who used them is so thoroughly pleased with them that I would like very much to get more of this brand. Will you advise me who handles your goods in this city? Yours very truly,

Chicago, Ill. C.....M. L.....

Gentlemen:—

Regarding your Bee Brand Gelatine. I personally buy about 3 packages Gelatine a week and have often passed yours by. I purchased it Saturday. I like it better now than any other.

Yours sincerely,

Baltimore, Md. .....

BEE BRAND

ABSOLUTELY PURE

REGISTERED TRADE MARK

HIGHEST QUALITY

REG. U.S. PAT. OFF.

PURE FOOD PRODUCTS.

"THE HOUSE THE BEES BUILT"

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McCORMICK & CO.
MANUFACTURING CHEMISTS.
BALTIMORE. MD.. U. S. A.